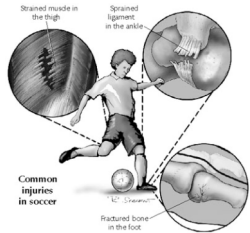


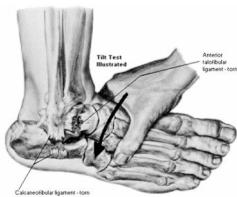
Sprains, Strains and Broken Bones



Musculoskeletal Injuries

- Sprain - is a stretch and/or tear of a ligament
- Strain - is a twist, pull and/or tear of a muscle and/or tendon
- Break - is a fracture, splinter or complete break in a bone

Sprain

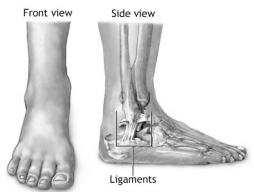


Caused by trauma - a fall, twist, a blow to the body

Joint can be knocked Out of position

Ligaments can be Overstretched or ruptured

Sprain



Front view Side view
Ligaments
#ADAM

Severe sprain - ligament tears completely or separate from bone, cause joint to be nonfunctional

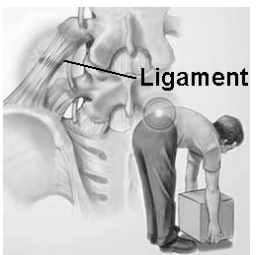
Moderate Sprain - partially tears the ligament, causing joint instability and some swelling

Mild Sprain - ligament is stretch, but there is no joint loosening or instability

Strain

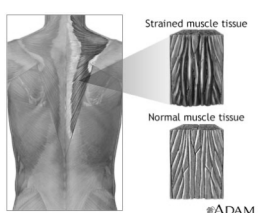
An acute strain is caused by a direct blow to the body, overstretching or excessive muscle contraction.

Chronic strains are the result of overuse - prolonged, repetitive movement of muscles and tendons.



Ligament

Strain

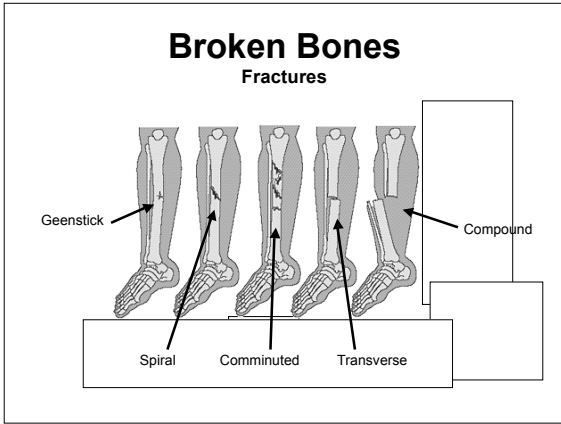


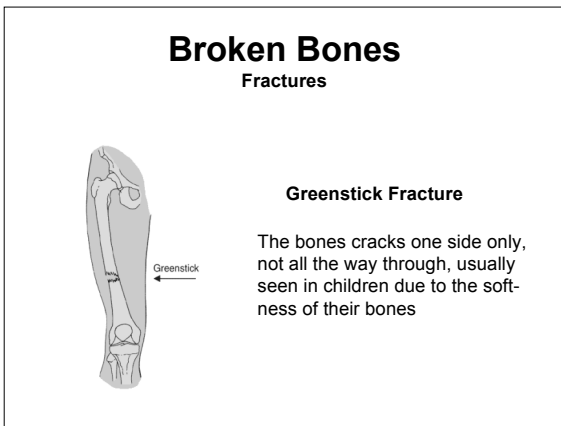
Strained muscle tissue
Normal muscle tissue
#ADAM

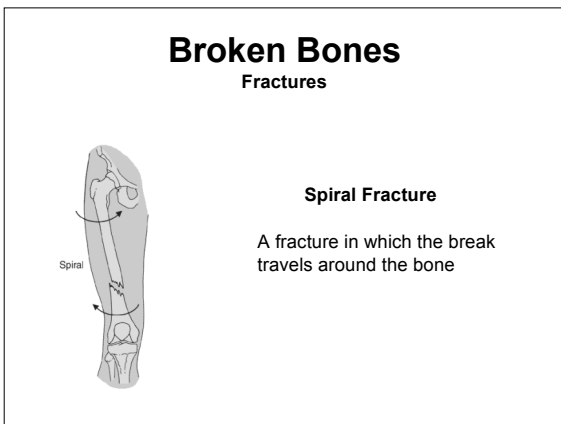
Severe Strain - muscle or tendon is partially or completely ruptured, leaving person incapacitated.

Moderate Strain - muscle or tendon is overstretched and slightly torn, leaving some muscle functions lost.

Mild Strain - muscle or tendon stretched or pulled slightly







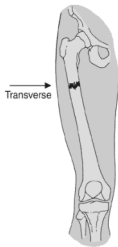
Broken Bones Fractures



Comminuted Fracture

A fracture in which bone is broken, splintered or crushed into a number of pieces

Broken Bones Fractures

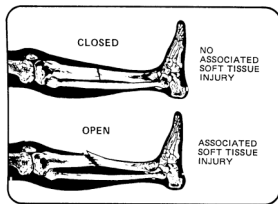


Transverse Fracture

A complete fracture in which the Break is straight across the bone.

Broken Bones Fractures

Compound Fracture A fracture in which the bone is Sticking through the skin, also Called an open fracture.



RICE

Treating minor sprains, strains & breaks

Rest - Reduce or stop using the injured area for 48 hours

Ice - Put an ice pack on the injured area for 20 minutes at time, 4 to 8 times per day.

Compression - Compression of an injured ankle, knee, wrist may help reduce swelling.

Elevation - Keep the injured area elevated above the level of the heart.

Questions?

