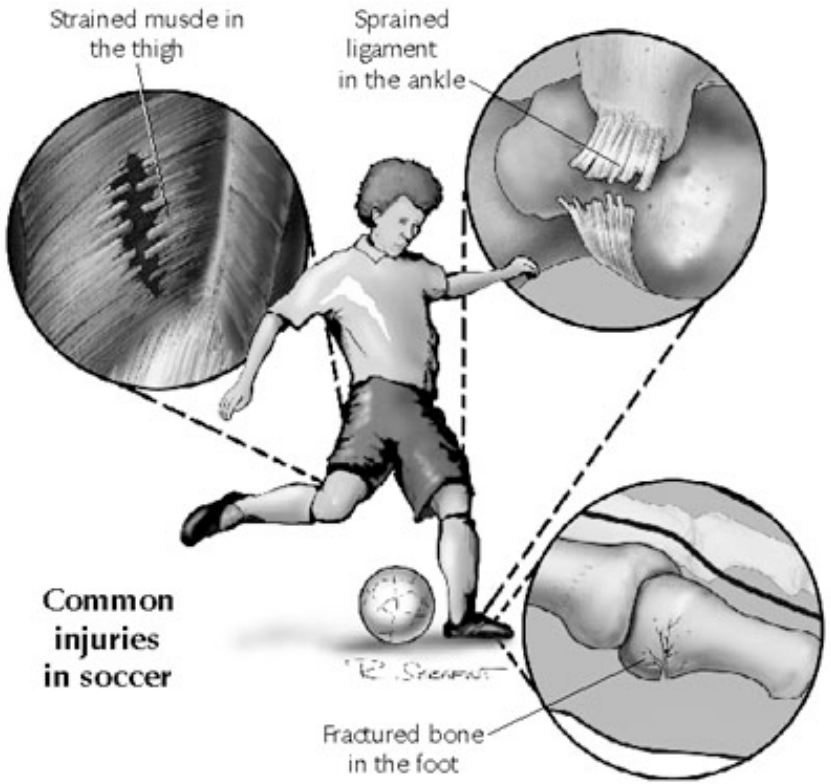
Sprains, Strains and Broken Bones



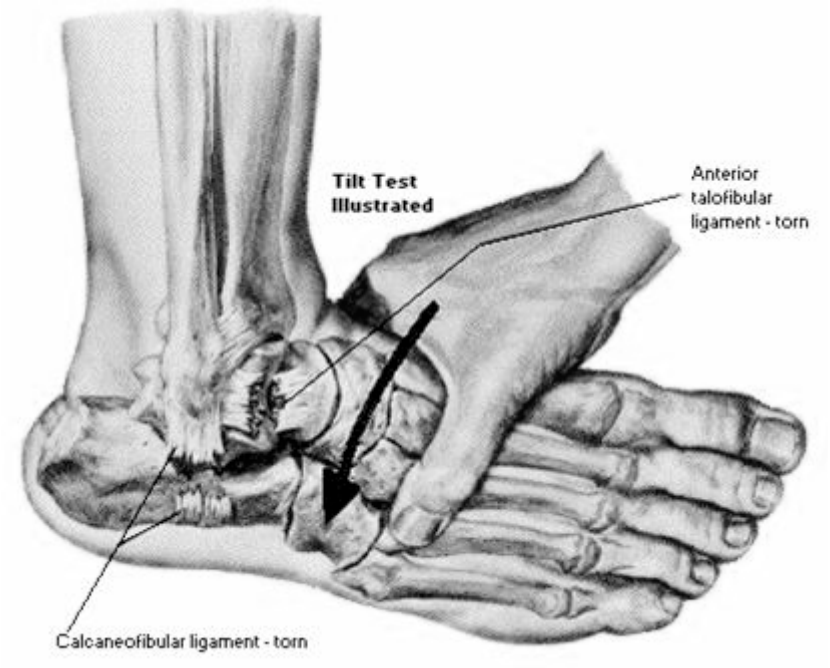
Musculoskeletal Injuries

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

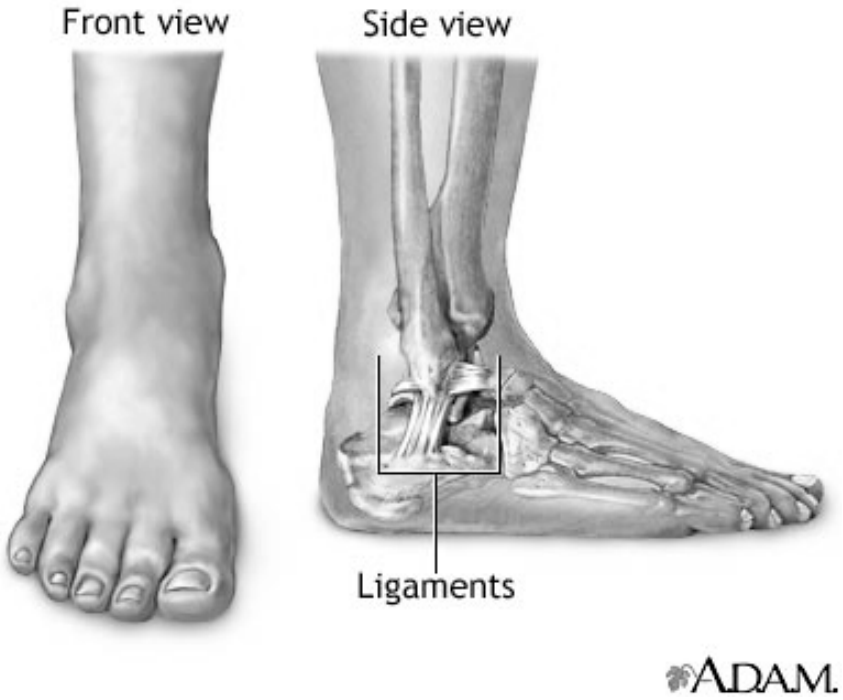


Caused by trauma - a fall, twist, a blow to the body

Joint can be knocked Out of position

Ligaments can be Overstretched or ruptured

Sprain



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

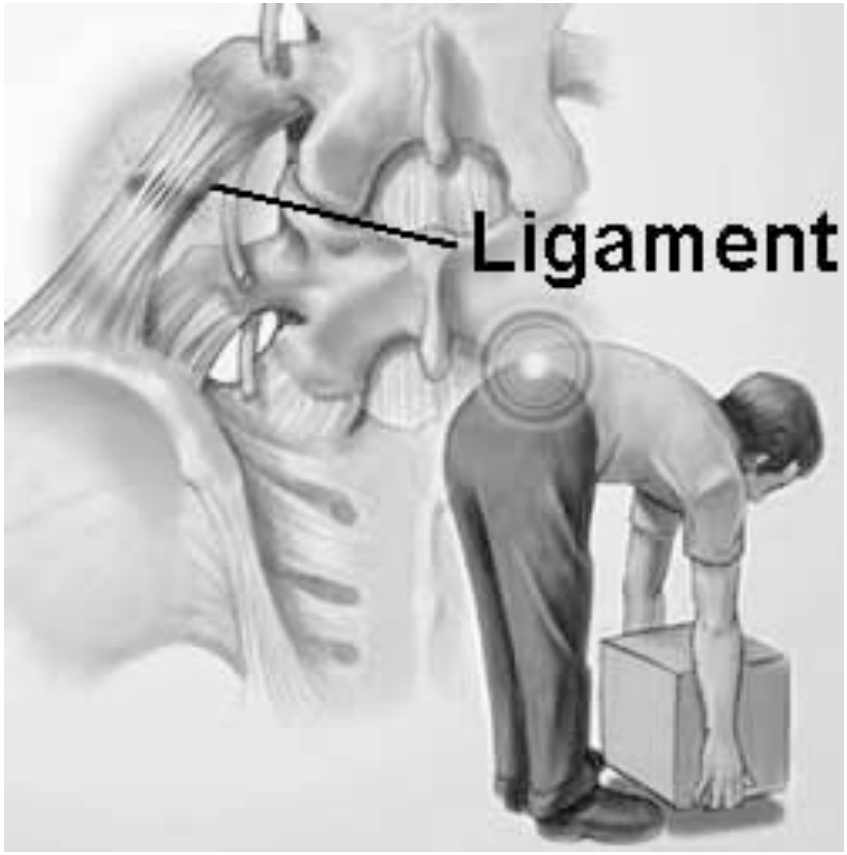
Moderate Sprain - partially tears the ligament, causing joint instability and some swelling

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

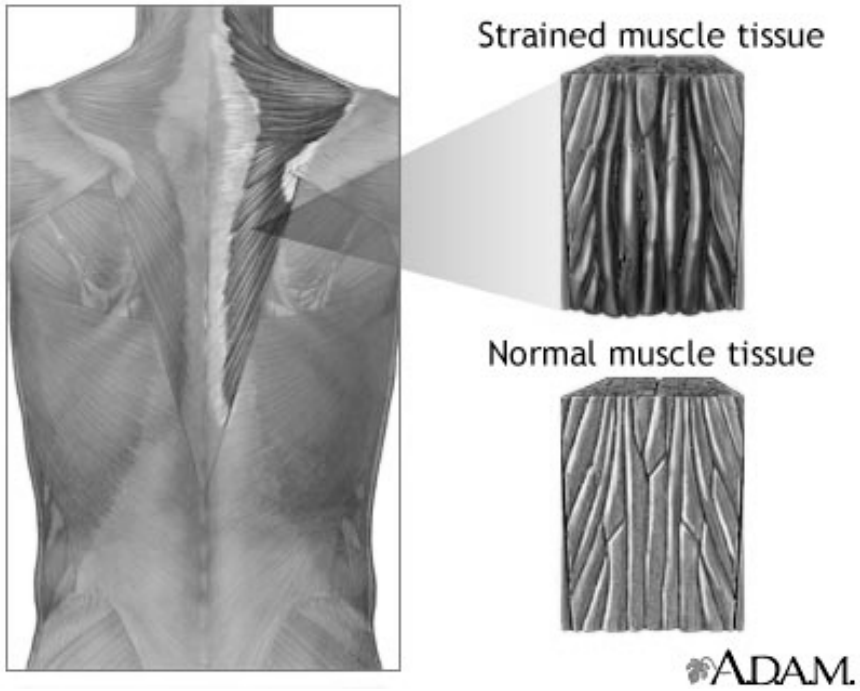
Strain

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.



Strain



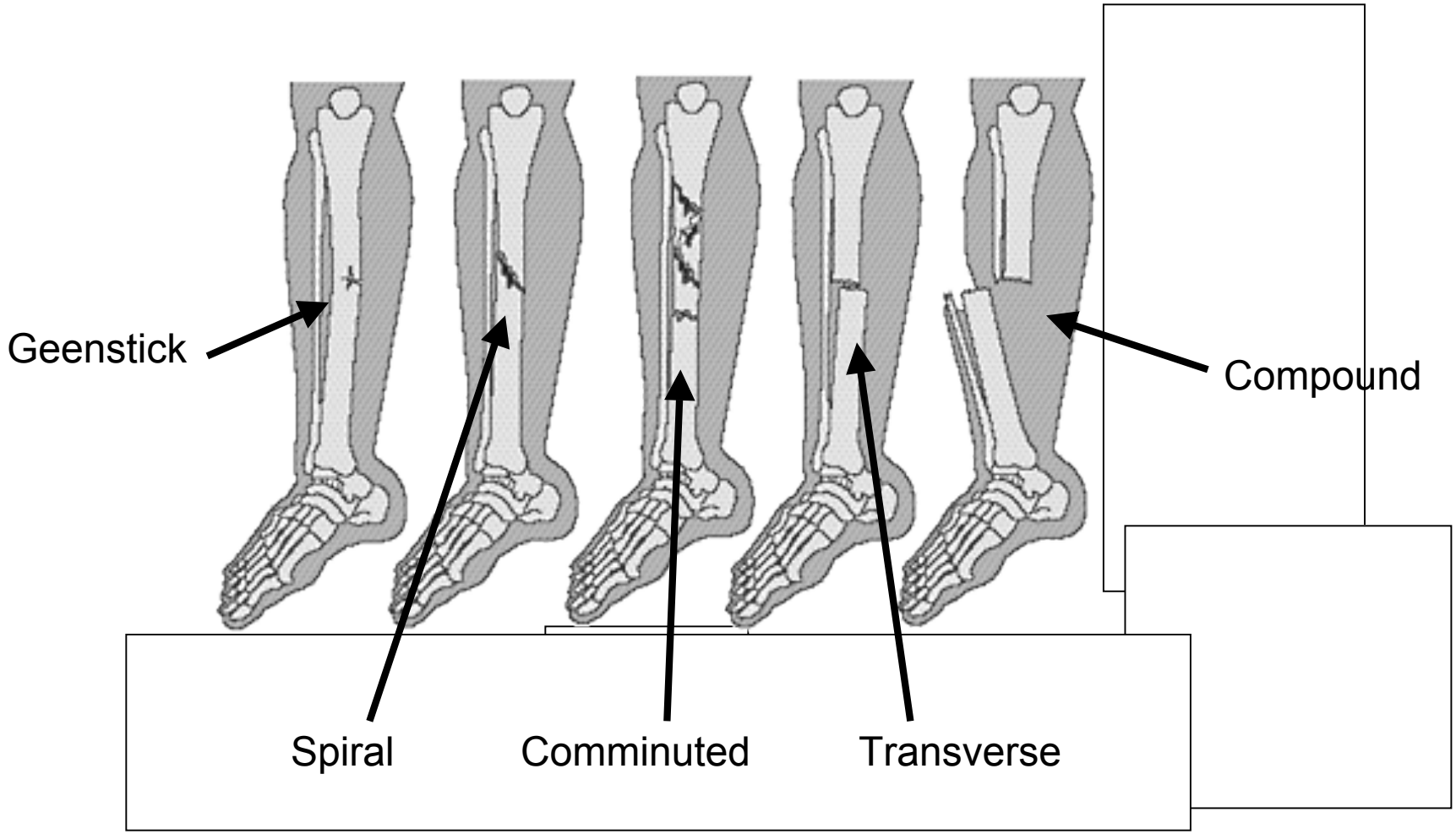
Severe Strain - muscle or tendon is partially or completely ruptured, leaving person incapacitated.

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

Mild Strain - muscle or tendon stretched or pulled slightly

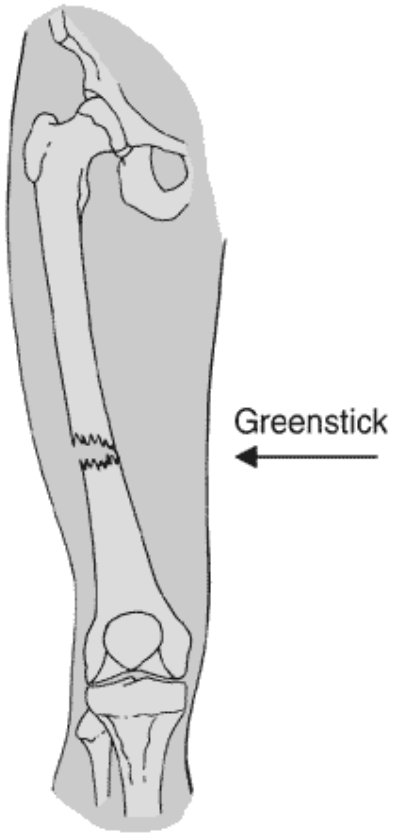
Broken Bones

Fractures



Broken Bones

Fractures

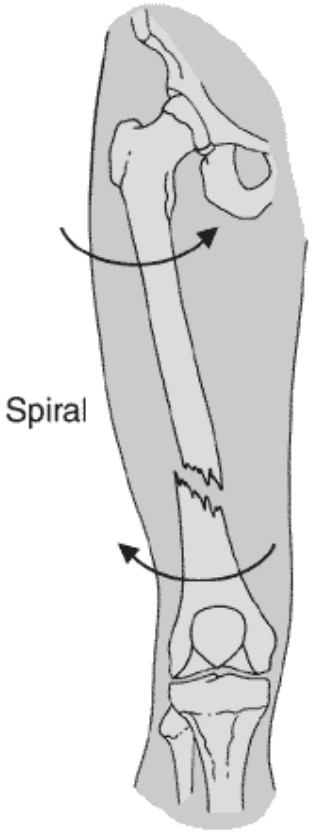


Greenstick Fracture

The bones cracks one side only, not all the way through, usually seen in children due to the softness of their bones

Broken Bones

Fractures



Spiral Fracture

A fracture in which the break travels around the bone

Broken Bones

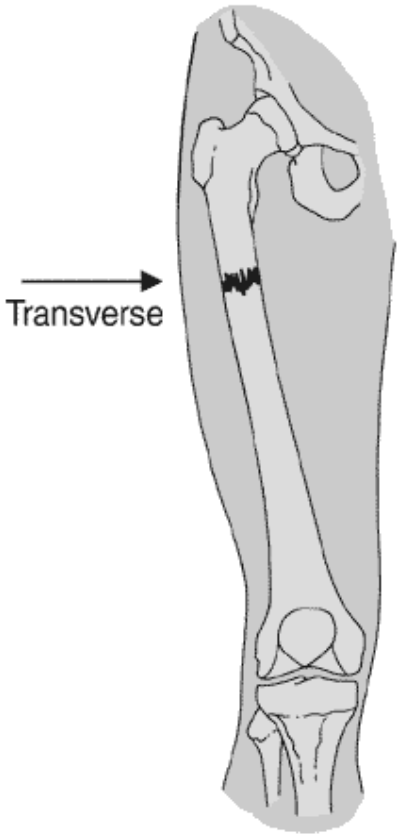
Fractures

Comminuted Fracture

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

Broken Bones

Fractures



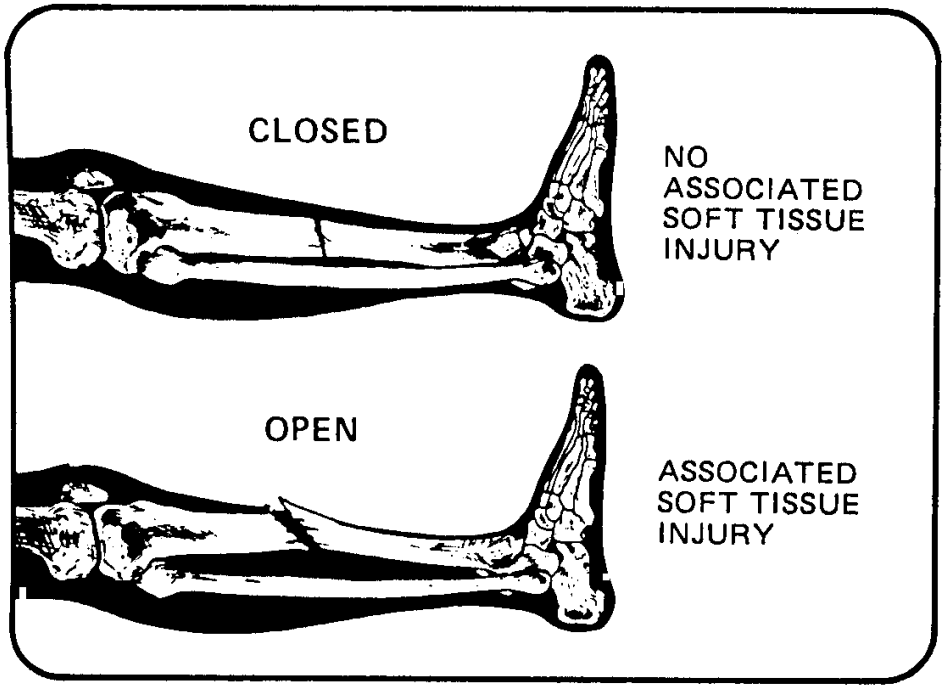
Transverse Fracture

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?