

Principles of Musculoskeletal Care

- Fractures
 - Open - skin has been broken
 - Closed - skin not broken
 - Signs
 1. Deformity
 2. Tenderness
 3. Crepitus
 4. Swelling and discoloration
 5. Loss of use
 6. Exposed fragments

- Dislocations; displacement of bone ends that form a joint
 - Signs; similar to those for fractures
 1. Deformity of a joint
 2. Pain or swelling
 3. Loss of movement
 4. Locked in deformed position

- Sprain; partial tear or stretching of *ligaments*
- Strain; overstretching, overuse of *muscles*

SUGGESTED GENERAL RULES FOR SPLINTING

1. Remove or cut away clothing.
2. Cover all wounds.
3. Do not replace protruding wounds or push in any protruding bones.
4. Note and record, circulation, sensory, and motor response/status distal to injury.
5. Straighten deformities near joint with gentle traction.
6. Straighten an angulated fracture before splinting.
7. Correct neck and spine deformities only if airway is compromised.
8. Immobilize the joint above and below the fracture, or the bone above or below a dislocation;
Immobilize the bone, above and below the fracture.
9. Splint before moving a patient whenever possible.
10. When in doubt, splint.

