

FRACTURES

complete break, chip, or crack in a bone

Variations:

- **Closed fracture**: broken bone, no associated open wound. May only require splinting.
 - May be displaced fracture: bone parts no longer aligned (Images: PM 12-13)

- **Open fracture**: broken bone with open wound allowing contaminants.
 - Do not move bone or irrigate wound. Splint it as it lies.
 - Place a moist dressing over exposed bone to keep it from drying out.
 - Cover whole wound with a sterile dressing
 - Splint the fracture without disturbing the wound -see **SPLINTING**, below
 - **Risk of severe bleeding or infection**- check frequently

- **Non-Displaced fracture**: bone parts remain aligned (IG 3-20 - 21; Images PM 12-13)

- **Displaced fracture**: bone parts not aligned, at an angle

DISLOCATIONS

(IG 3-21)

an injury to the ligaments with bone separation from its joint

Symptoms are similar to Fracture- treat like **FRACTURES**, above.

- Do: immobilize
- Do Not: attempt relocation of bone

SPRAINS & STRAINS

(IG 3-22)

an injury that involves over-stretching or tearing of ligaments at a joint

Signs of a sprain: Tenderness, swelling and/or bruising, restricted use or loss of use

Treat like **FRACTURES**, above.

Goal: To immobilize and stabilize. Support, for protection and comfort

1. **PMS 1st** (check for healthy **Pulse**, able to control **Movement**, and **Sensitivity** to touch)
2. **Don't realign or straighten bones**
3. **Remove restrictive clothing** (e.g., shoes & jewelry as needed, reducing swelling problems)
4. **Immobilize joints above & below**, with sturdy, flat support. (illustrations: IG 3-23 & PM 3-14)
 - Check length of splint before placing it (for forearm, not sticking out from elbow; and also allowing fingers to reach & curl beyond the splint edge, if comfortable).
5. **Padding: Fill splint-limb voids and points of contact** with soft cloth for stabilization and comfort. (e.g., for lower arm splint, provide padding under elbow, at palm, wrist)
6. **Assess PMS again** (splint not too tight, enabling circulation. Improved pain level)
(Use handy alternative materials: Pillow, towel, cloth, cardboard, duct tape, string, etc.)

To further immobilize and stabilize. Support, for protection and comfort**Lower Arm:**

1. **Tie knot** in pointed end of triangular gauze/ cloth (~3' square, folded over; ideally clean, soft)
2. **Place knotted cloth hollow behind elbow**, knot facing away from elbow
3. **Wrap cloth ends at opposing angles, crossing over shoulders**, (outside wrist over & to opposite shoulder). Tie in bow at back/side of neck- comfortably under collar or on padding.
4. **SWATH: May further secure arm to chest** by wrapping strip of cloth/ a belt, etc., across the torso & splinted arm, avoiding the injured area. Leave 2nd arm free, if comfortable.

Leg: ANATOMICAL SPLINT: May secure injured leg, finger or toe to the one next to it, securing it in similar fashion, to reduce movement. Use ample padding and as many ties as needed.

Ankle/ foot: 'figure-eight' wrap securely around lower leg and under foot, to immobilize, using techniques and materials described above.