

SECTION XI
FRACTURES,SPRAINS,STRAINS & DISLOCATIONS

Fractures, sprains, strains and dislocations may be hard for the lay person to tell apart. For this reason, first aid treatment of any of these conditions is handled as though the injury was a fracture.

Signs and symptoms of the above conditions may include a "grating" sensation of bones rubbing together, pain, tenderness, swelling, bruising and an inability to move the injured part.

First Aid for any of these conditions consists of:

- * Control bleeding, if present.
- * Care for shock.
- * Splint affected area to prevent further movement, but do so only if possible without causing further pain to victim.
- * Cold packs may help reduce pain and swelling.

Victims with traumatic injuries, such as those caused by automobile accidents, falls etc. should not be moved except by trained rescue workers. Head, neck and back injuries are serious and require special care for movement and transport of victims with these conditions. In exceptional circumstances, such as when a victim is at risk of further injury unless moved, the victim's head and neck should be stabilized and the body moved with minimal flexing of the head, neck or spinal cord.

All victims with fractures,dislocations, sprains and strains

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require professional medical attention.