



# First Aid

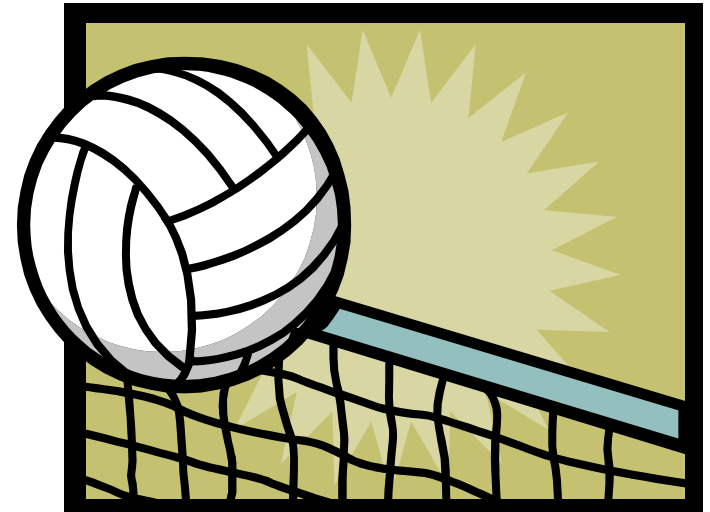
## Musculoskeletal Injuries

Mgr. Zdeňka Kubíková  
Bc. Barbora Zuchová and others

# Contusion

## First Aid:

- cooling down
  - principle:** never put ice on exposed skin
- fixation
- by extensive contusions  
greater loss of blood could  
appear!



# Sprains

## First Aid:

- don't dispel
- elevate the limb
- cool the affected part
- visit doctor



# Luxation – dislocation

## First Aid:

- ensure in the forced position
- don't attempt to relocate the joint!
- **dial EMS 155**



RTG: Luxation

# Accident mechanism – luxation

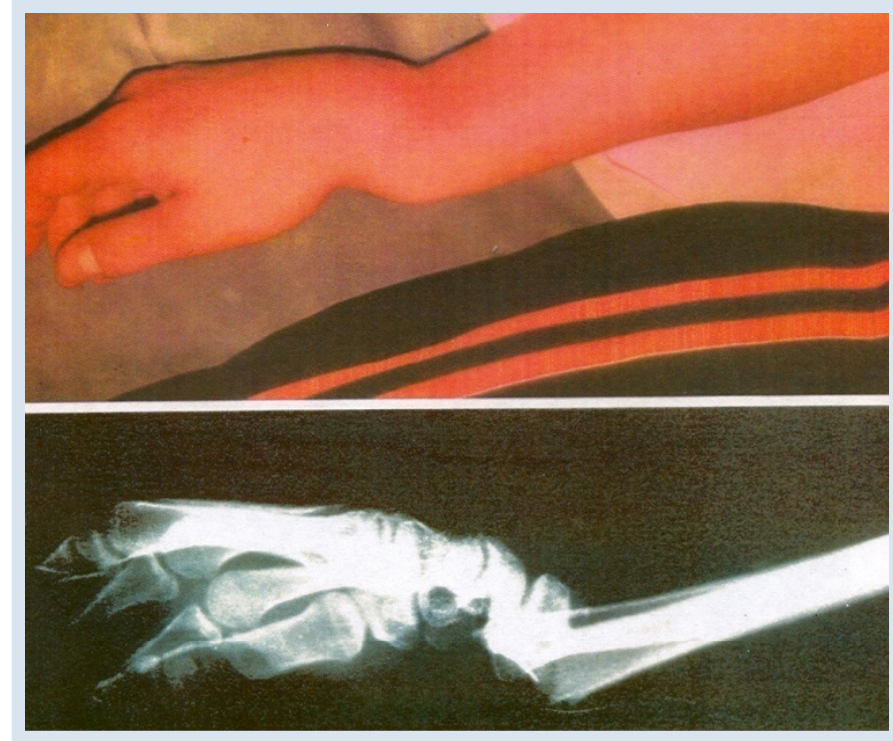


Flegel, 2004

# Fractures

## First Aid:

- immobilize, **don't attempt to relocate the fracture!**
- cool **with exception of the long bones fractures**
- by the long bones –  
measures against shock
- dial EMS 155



fracture of Colles, ČČK 2003

# Fractures

## fixation of the upper limb

Elevation sling –  
use the triangular  
bandage



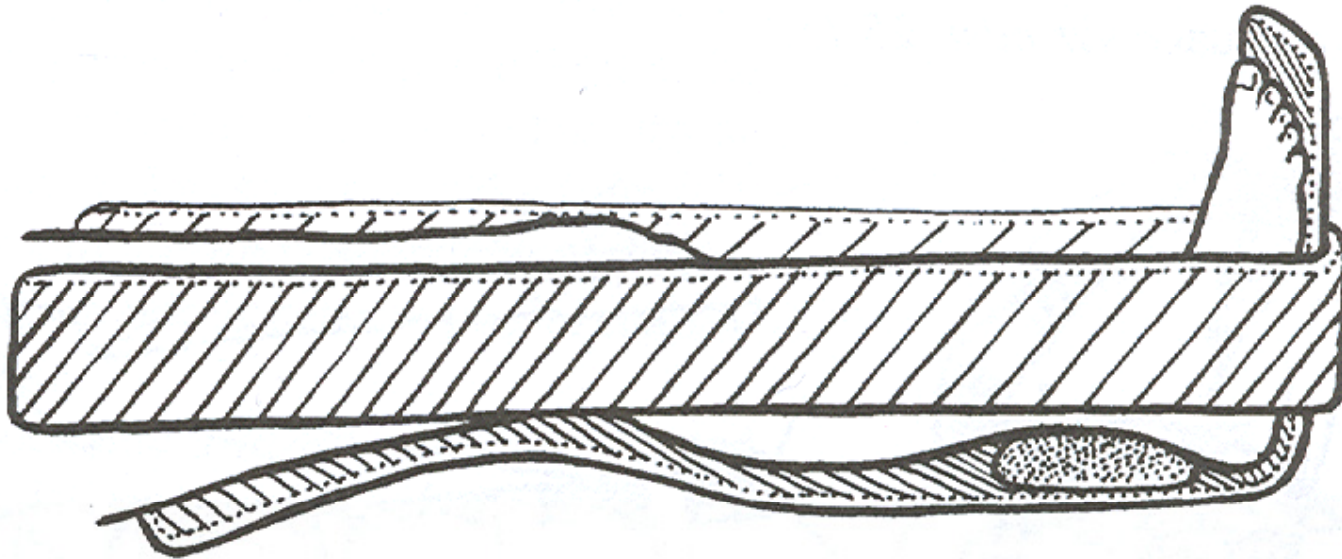
Foto: Zuchová, 2008

# Fractures

## fixation of the lower limb

**don't attempt to relocate the fracture, dial EMS 155!**

**Use splints **only** in case of necessity of transport by laymen!**



Beránková a kol., 2002



# Loss of blood – fractures

## Shock danger!

