



First Aid

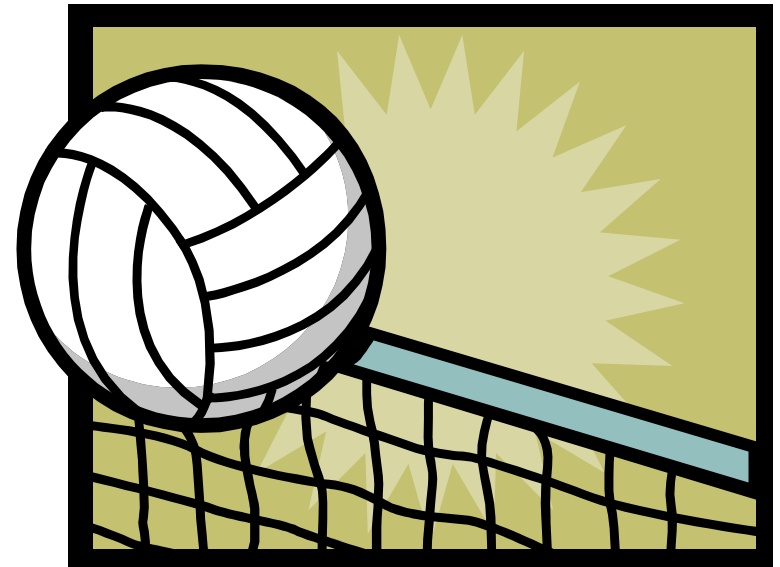
Musculoskeletal Injuries

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

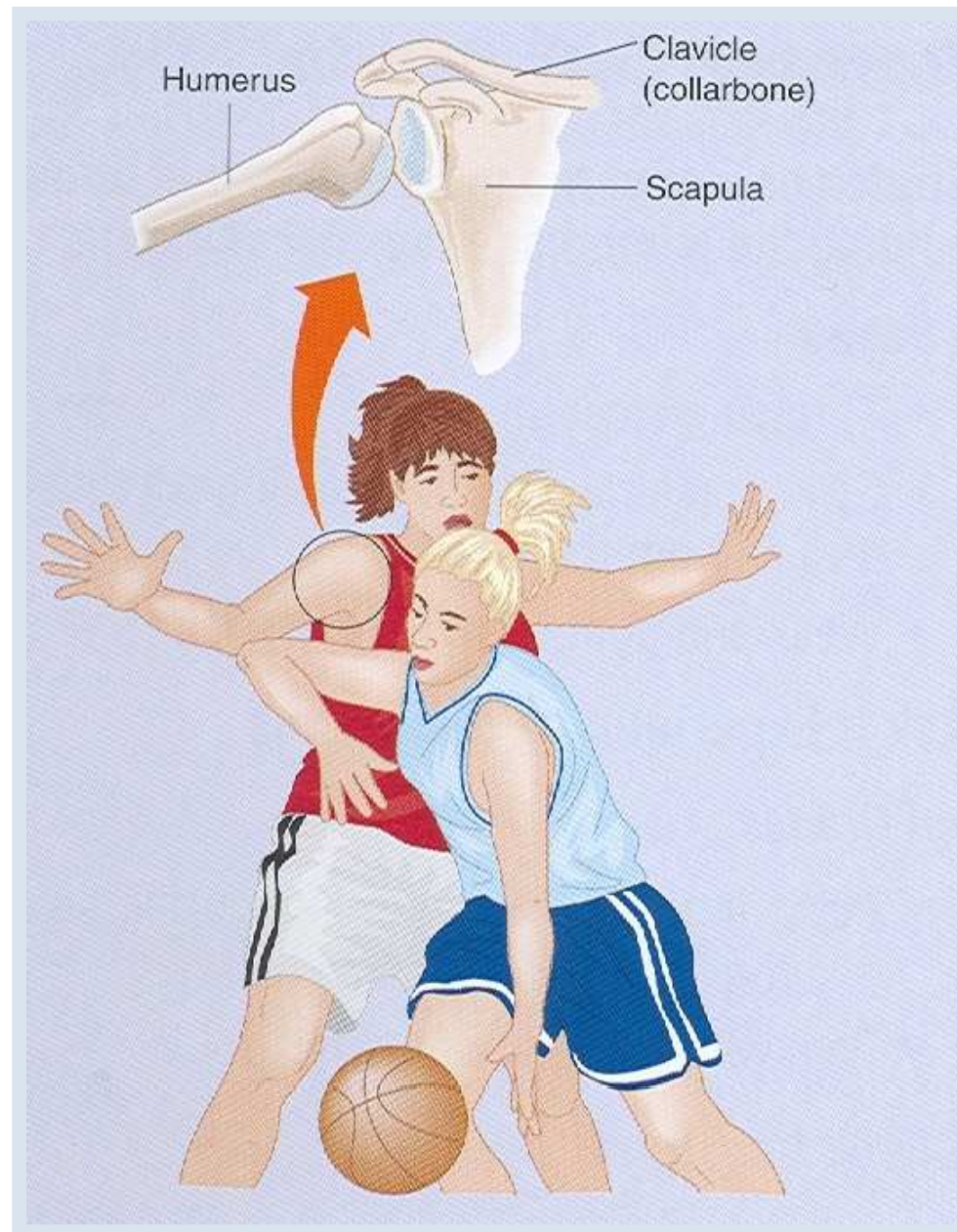
First Aid:

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



RTG: Luxation

Accident mechanism – luxation

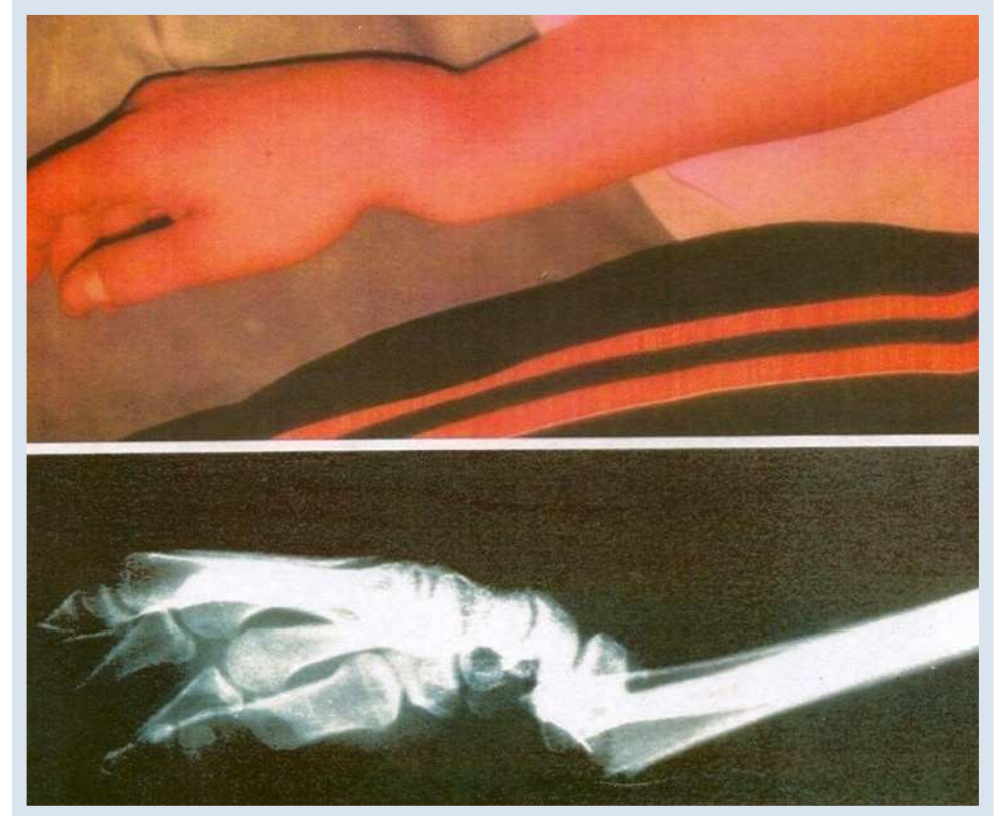


Flegel, 2004

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



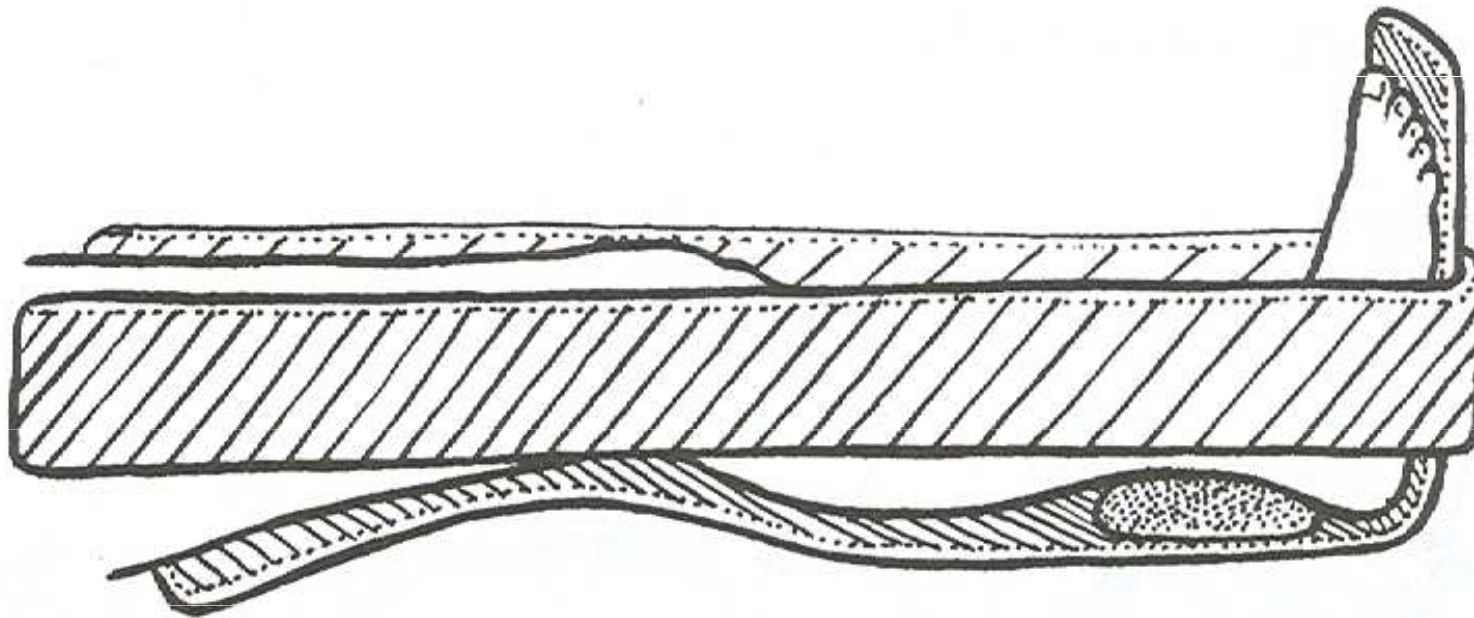
Foto: Zuchová, 2008

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!

