

Musculoskeletal Exam Study Guide

- I. Sprain
 - a. Patho
 - i. Injury to ligament structures and the joint
 - ii. Caused from twisting or wrenching motion
 - iii. Usually in the ankles, knees, and wrists
 - b. Symptoms
 - i. Symptoms: swelling, extreme pain, decreased ROM
 - c. Treatment (RICE)
 - i. Rest- Rest for 24-48 hours.
 - ii. Ice- Cold packs to decrease inflammation for first 24-48 hrs in 30 min increments. Do NOT apply ice directly to skin.
 - iii. Compression- Prevent edema. Wrap from distal to proximal.
 - iv. Elevation- For 24-48 hrs to decrease edema and move fluid from area
- II. Strain
 - a. Patho
 - i. Injury to muscle or tendon from over stretching
 - ii. Usually in large muscle areas: back, calf, hamstrings
 - b. Symptoms
 - i. Symptoms: swelling, extreme pain, decreased ROM, contusion
 - c. Treatment (RICE)
 - i. Rest- Rest for 24-48 hours.
 - ii. Ice- Cold packs to decrease inflammation for first 24-48 hrs in 30 min increments. Do NOT apply ice directly to skin.
 - iii. Compression- Prevent edema. Wrap from distal to proximal.
 - iv. Elevation- For 24-48 hrs to decrease edema and move fluid from area
- III. Dislocation Injury
 - a. Patho
 - i. Dislocation - Complete displacement or separation of the joint
 - ii. Subluxation- Partial or incomplete displacement of a joint
 - iii. Result from a force that disrupts soft tissue support structures surrounding the joint
 - iv. Most common areas: elbow, shoulder, thumb, patella, and hip
 - b. Symptoms
 - i. Deformity of joint
 - ii. Pain and tenderness

Musculoskeletal Study Guide

Yi-Tong Ma



Musculoskeletal Study Guide:

The Enigmatic Realm of **Musculoskeletal Study Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Musculoskeletal Study Guide** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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