FIRST AID IN ORTHOPAEDIC INJURIES
OPEN FRACTURES
**First Aid for BROKEN BONE**

1. **Control the bleeding** by keeping sterile, clothes/ cotton pad with a firm pressure.

2. **Don’t try to move the person** only if necessary to avoid further injury.

3. **Apply ice packs** to limit swelling. Never apply ice directly to the fracture. **Wrap in a towel** before applying.

4. **A Splint helps to immobilize the bone** before professional medical attention can take over.

5. **A Sling can help to stabilize an arm** that is broken.
VARIOUS STEPS

First Aid Treatment of a Midshaft Lower Leg Compound Fracture

A midshaft lower leg compound fracture occurs when the tibia, fibula, or both are broken and an open wound results at the site of injury.

1. Calm and Position
   Calm the individual, instruct them to lie on their back, and remove any portion of clothing covering the area of fracture.

2. Control Bleeding
   Put pressure on surrounding areas to control profuse bleeding. **DO NOT** try to push bone back into wound.

3. Dress the Wound
   Rinse with clean water to dislodge debris and/or small bone fragments. Wrap the wound with a bandage or the cleanest and most sterile material available.

4. Straighten with Traction
   Check leg distal to wound for circulation, sensation, and movement (CSM). If no CSM and fracture is midshaft, apply gentle traction and straighten leg. If CSM present or if fracture is near knee or ankle, **DO NOT** straighten.

5. Splint and Elevate
   While maintaining traction, splint the leg above and below the site of injury using a commercial or improvised splint with soft padding. Elevate legs slightly above the level of the heart until transportation to hospital arrives.
Closed fractures and sprains
ICE-THERAPY

PRICE – Treatment for soft tissue injuries and closed fractures

P - Protect the injury (stop using the injured limb, pad to protect)
R - Rest the injury
I - Ice - apply a wrapped ice pack
C - Comfortable support – apply a supportive bandage
E - Elevate – to reduce swelling

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**R - Rest**
After injury, stop your child taking part in any painful activity. Moving the injured part can increase bleeding and swelling, and slow down the healing process. Don’t let your child keep playing.

**I - Ice**
Use an ice pack to reduce pain and swelling in the affected area. Apply ice for 15 minutes every two hours for 24 hours, then for 15 minutes every four hours for 24 hours.

**C - Compression**
Bandage the area firmly (but not too tightly), starting just below the injured area and moving up. Overlap each layer by half. Finish bandaging about one hand’s width above the injured area.
HOMEMADE SPLINTS
First Aid

- Initial treatment for fractures of the arms, legs, hands and feet in the field include splinting the extremity in the position it is found, elevation and ice. Immobilization will be very helpful with initial pain control.
Using Your First Aid Kit

**Sprains and closed fractures:**

- Treat sprains by applying an ice pack to the area for the first 24 hours or until swelling has subsided.
- Take ibuprofen for pain relief and to help reduce swelling.
- Splint the sprain to render it immobile until pain has completely disappeared.

**Making a splint**
FRACTURE IMMOBILISATION
AMPUTATION
STEPS OF MANAGEMENT

1. Apply pressure 5 inch above the wound

2. Place injured body part on a solid object

3. Amputate injured body part

4. Apply the bandage firmly

5. Wrap the bandage in a spiral pattern

6. Tie a knot in the end

7. Take two painkillers

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Handling dismembered

Moist paper towel

Wrapped digit

Ice

Dr. S

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SPINAL INJURY
1. Hold the casualty's head.
2. Roll the casualty on to his side.
3. Place rolled side of sheet against casualty's back.
4. Lower the casualty back over the roll and on to his other side.
5. Unroll the blanket and lay the casualty flat.
6. All should take hold of the sheet firmly and then move the casualty.
VARIOUS INJURIES