

# Fracture, Strain, and Sprain

## Definition:

- **Bone fracture** is a break or crack rupture in the bone.
- A **strain** is an acute kind of injury caused by excessive use, twisting, or stretching of muscles or tendons beyond their normal use.
- A **sprain** is a delicate but painful sort of injury to the ligaments of a joint caused by a sudden twisting or overstretching of the joint.

## Treatment:

- Do not attempt to manipulate or correct an abnormally positioned bone or joint.
- Apply ice to the injured area with a towel between the ice bag and the skin for up to 20 minutes.
- Support the injury using a bandage.
- Any bones that appear to be in an unusual or bent position should be immobilized with a splint. Make sure that the splint is not too tight.
- Search for signs of shock like pale color, cold and blue skin, tachycardia, fast respiration, gasping, or cold sweating. Lay the injured person down and elevate his or her legs.
- If there is pain and swelling in the injured area, and the individual is unable to move it, or if you suspect fractures, it's advisable to take him or her to the emergency room.