



SPRAINS & FRACTURES

When a ligament around a joint is torn / injured it is called Sprain, and if bone is broken it is called Fracture. First aid is similar in both situations.



DO's :

- ❑ Give rest / immobilize the injured part by tying a piece of wood / plastic / splint with a piece of cloth / bandage.
- ❑ Elevate the injured part to reduce swelling and even bleeding.
- ❑ If the wound along with fracture is open, then simply cover it with a clean cloth / dressing.
- ❑ If the fracture site is bent, immobilize the extremity in the position it is found.
- ❑ Apply ice / ice packs / cold compress on the swollen part initially for 24 hours. Then local heat may be applied.
- ❑ In case of fracture of any part of spine, make him to lie down supine and do not allow any movement.



DON'Ts :

- ◆ Do not push back the fractured and protruding bone.
- ◆ Do not try to straighten up a bent bone.
- ◆ Do not use any drugs other than pain killer like Disprin / Paracetamol.
- ◆ Do not get the fractured bone set by untrained quacks.