

Assignment

- Q1. Find out the reason why sprain is more common in ankle joint as compare to any other joints in our body.
- Q2. Compare the result of icing and topical application of analgesic spray in the management of sprain.
- Q3. Describe the first aid treatments of contusion.
- Q4. Describe the first aid treatment of dislocation of shoulder joint during sports activity.
- Q5. Describe how long compression is required for the treatment of haematoma.