FAQs

Q1. Define sprain and its causes.

Ans: A sprain, also known as a torn ligament, is damage to one or more ligaments in a joint. Sprain is often caused by trauma or the joint being taken beyond its functional range of motion. It typically occurs when the joint is taken beyond its functional range of motion. Fatigue of muscles generally leads to sprains.

Q2. Mention the sign and symptoms of sprain.

Ans: Sign and symptoms of sprain are

- Pain
- Swelling
- Bruising
- Decreased ability to move the limb
- If a ligament ruptures, one may hear a popping sound
- Difficulty using the affected extremity

Q3. Mention the degree or severity of sprain.

Ans: The degree or severity of sprain have 3 grades, which are

- First degree sprain – the fibres of the ligament are stretched but intact.
- Second degree sprain – is a tear of part of a ligament, from a third to almost all its fibers.
- Third degree sprain – is a complete rupture of the ligament, sometimes avulsing a piece of bone.

Q4. Explain the treatment by using the synonym "RICE".

Ans: The treatment by using the synonym "RICE" has given below,

- **Rest:** The sprain should be rested. No additional force should be applied on site of the sprain.
- **Ice:** Ice should be applied immediately to the sprain to reduce swelling and pain. It can be applied for 10–15 minutes at a time 3-4 times a day. Ice can be combined with a wrapping to minimize swelling and provide support.

- **Compression:** Dressings, bandages, or ice-wraps should be used to immobilize the sprain and provide support. When wrapping the injury, more pressure should be applied at the far end of the injury and decrease in the direction of the heart; the reason for this is that it more easily causes unnecessary fluid to be flushed back up the blood stream in order to be recycled. Compression should not cut off the circulation of the limb.
- **Elevation:** Keeping the sprained joint elevated (in relation to the rest of the body) will also help minimize swelling.

Q5. Explain the causes of strain.

Ans: A strain may be caused by:

- Too much physical activity or effort.
- Improperly warming up before a physical activity.
- Poor flexibility.

Q6. How does haematoma ooccur?

Ans: Haematoma occurs because the wall of a blood vessel wall, artery, vein or capillary, has been damaged and blood has leaked into tissues where it does not belong. The hematoma may be tiny, with just a dot of blood, or it can be large and cause significant swelling

Q7. Name five types of haematoma.

Ans: Five types of haematoma are:

1. Subdermal haematoma (under the skin)
2. Breast haematoma (breast)
3. Perichondral haematoma (ear)
4. Perianal haematoma (anus)
5. Subungual haematoma (nail)

Q8. Mention the signs and symptoms of dislocation.

Ans: The signs and symptoms of dislocation are:

- loss of motion
- pain during movement
- numbness around the area
- tingling feeling
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Q9. Explain green stick fracture.

Ans: - Green stick fracture is when the bone is partly fractured on one side but does not break completely because the rest of the bone can bend.

Q10. Explain the treatment of fracture by means of immobilization.

Ans: As soon as the bones are aligned they must stay aligned while they heal. This may include:

- **Plaster casts or plastic functional braces** - these hold the bone in position until it has healed.
- **Metal plates and screws** - current procedures use minimally invasive techniques.
- **Intra-medullary nails** - Internal steel rods are placed down the center of long bones. Flexible wires may be used in children.
- **External fixators** - these may be made of metal or carbon fibre; they have steel pins that go into the bone directly through the skin. They are a type of scaffolding outside the body.