



Summary

Physical trauma is a physical injury that is serious and could endanger one's life. Common causes of physical trauma include sports injuries, car accidents, burns, drowning, explosions, crush injuries and severe beatings. There are number of concerns with physical trauma. Immediate problems can include sprain, strain, contusion, fracture, dislocation, blood loss, brain damage, respiratory impairment and severe pain.

Sprain-A sprain, also known as a torn ligament, is damage to one or more ligaments in a joint, often caused by trauma or the joint being taken beyond its functional range of motion.

Strain- A strain is when a muscle is stretched too much and tears. It is also called a pulled muscle.

Contusion-A bruise or contusion is caused when blood vessels are damaged or broken as the result of a blow to the skin.

Dislocation-A dislocation occurs when the bones in a joint separate.

Fractures-A fracture is a complete or incomplete break in a bone resulting from the application of excessive force.