



PresentationPoint

Injuries to Soft Tissues



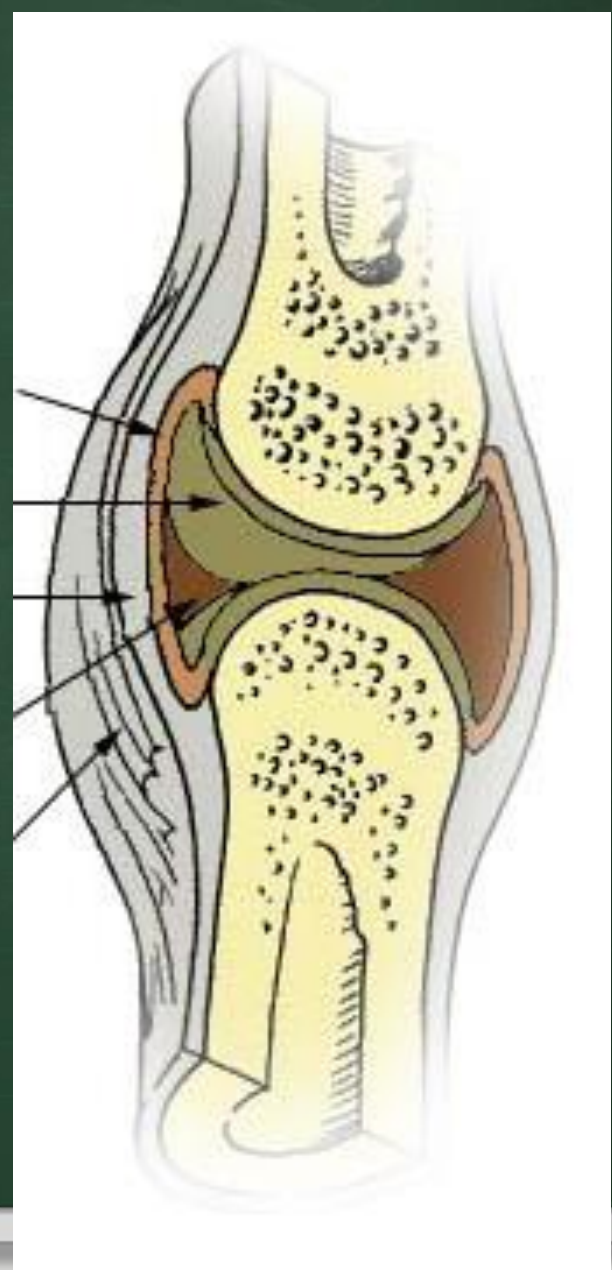
Learning Outcomes

- You will be able to:
 - Recognise and Manage Cramp
 - Differentiate and manage Sprain and Strain
 - Perform R.I.C.E. treatment



Soft Tissues

- Joints
 - Hinge joint
 - Ball and socket joint
 - Slight movement joint
 - Ligaments
 - Tendons

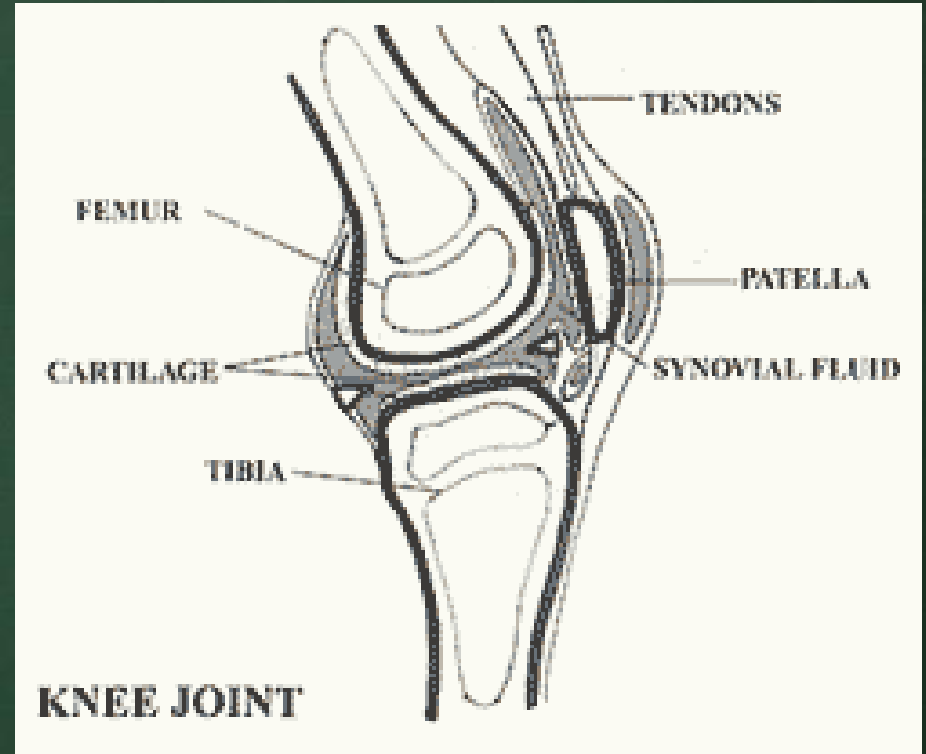


Soft Tissues

- Muscles
 - voluntary
 - involuntary

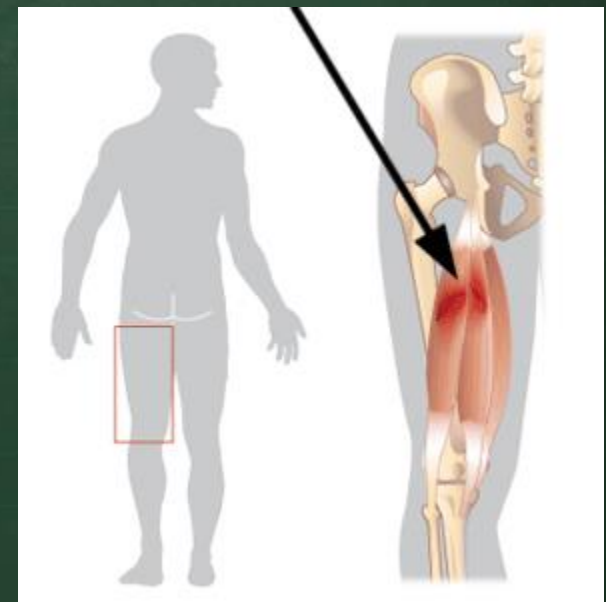
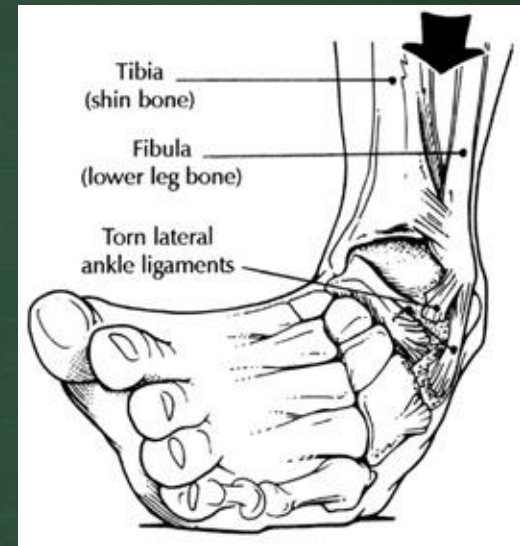


How Joints Function



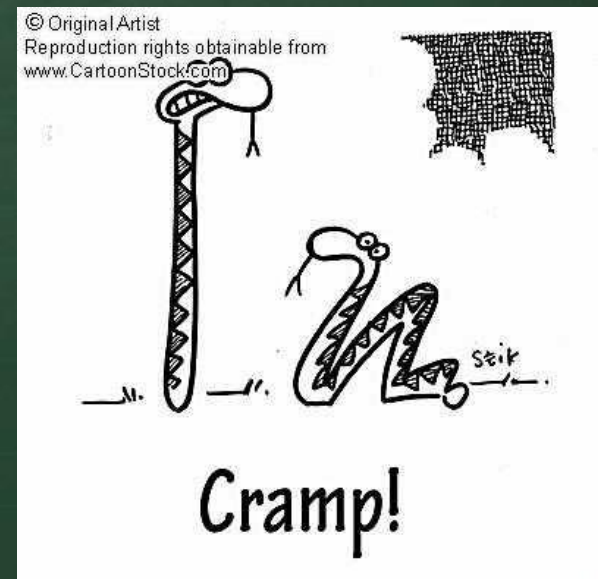
Sprain & Strain

- Sprain – ligament injury
- Strain – muscle tear
- Cause: acute overstretch
- Signs & Symptoms:
 - Pain
 - Stiffness
 - Swelling
- Management: R.I.C.E.



Cramp

- Acute involuntary muscle pull
- Caused by cold or overexertion
- usually is lack of water and salt
- Management:
 - Stretching
 - Give water (with salt / electrolytes)
 - R.I.C.E.





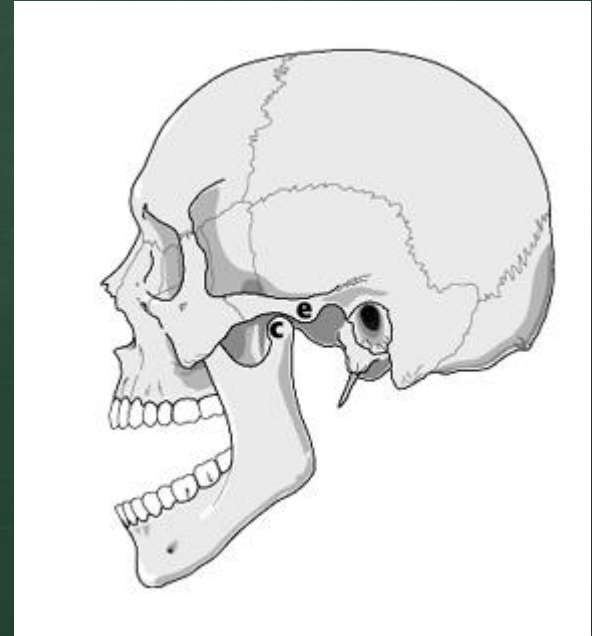
RICE

- Rest
 - Stop all activities
- Ice
 - Apply ice bag until numbness
- Compression
 - To reduce swelling
- Elevation
 - To reduce blood flow to injured part

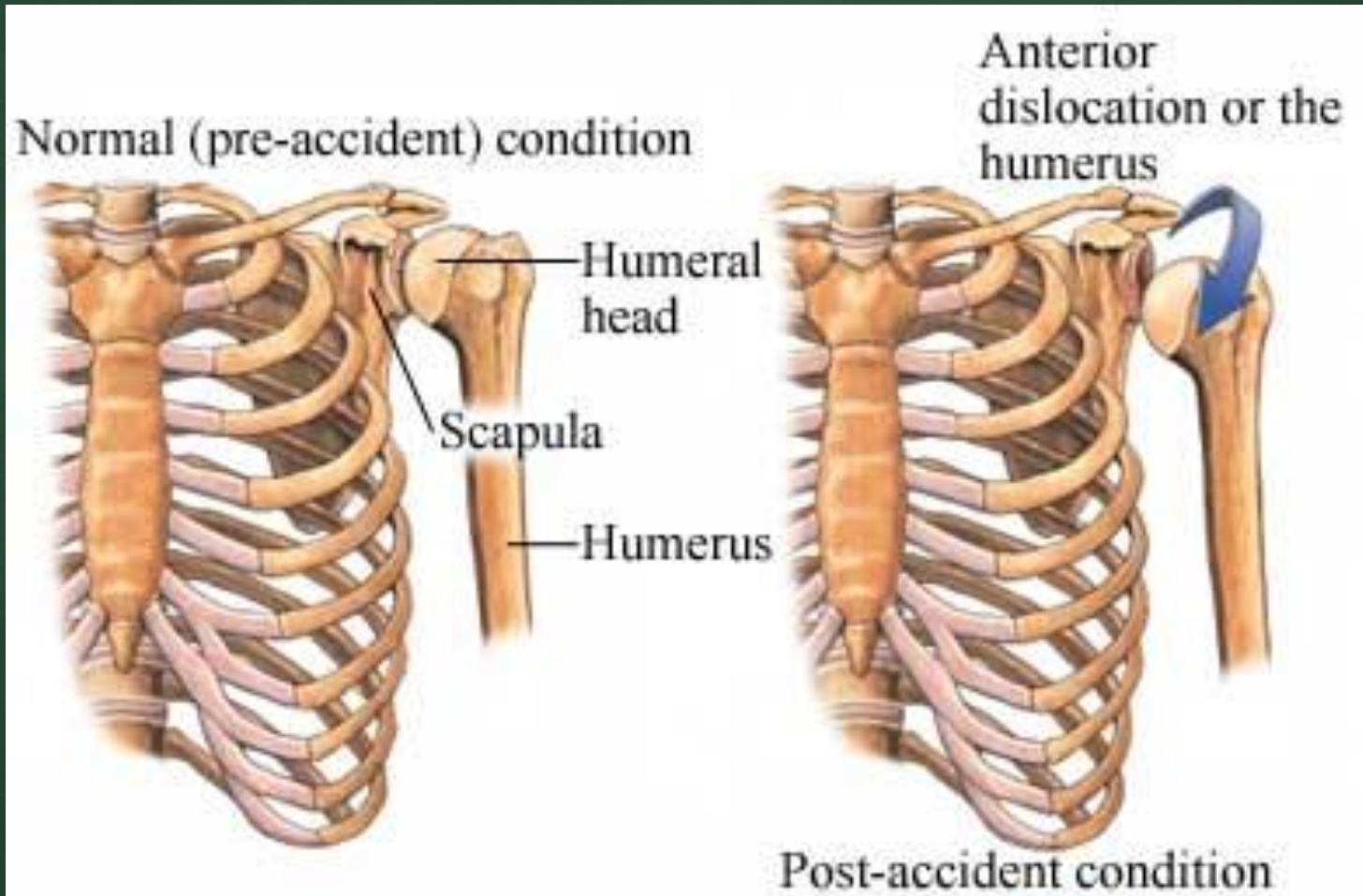


Dislocation

- Displacement of a bone from its location at a joint
- Signs & Symptoms are similar to fractures
- Manage as fracture



Shoulder Dislocation



Question ?





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Thank You



谢谢



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