

# Musculoskeletal Exam Study Guide

- I. Sprain
  - a. Patho
    - i. Injury to ligament structures and the joint
    - ii. Caused from twisting or wrenching motion
    - iii. Usually in the ankles, knees, and wrists
  - b. Symptoms
    - i. Symptoms: swelling, extreme pain, decreased ROM
  - c. Treatment (RICE)
    - i. Rest- Rest for 24-48 hours.
    - ii. Ice- Cold packs to decrease inflammation for first 24-48 hrs in 30 min increments. Do NOT apply ice directly to skin.
    - iii. Compression- Prevent edema. Wrap from distal to proximal.
    - iv. Elevation- For 24-48 hrs to decrease edema and move fluid from area
- II. Strain
  - a. Patho
    - i. Injury to muscle or tendon from over stretching
    - ii. Usually in large muscle areas: back, calf, hamstrings
  - b. Symptoms
    - i. Symptoms: swelling, extreme pain, decreased ROM, contusion
  - c. Treatment (RICE)
    - i. Rest- Rest for 24-48 hours.
    - ii. Ice- Cold packs to decrease inflammation for first 24-48 hrs in 30 min increments. Do NOT apply ice directly to skin.
    - iii. Compression- Prevent edema. Wrap from distal to proximal.
    - iv. Elevation- For 24-48 hrs to decrease edema and move fluid from area
- III. Dislocation Injury
  - a. Patho
    - i. Dislocation - Complete displacement or separation of the joint
    - ii. Subluxation- Partial or incomplete displacement of a joint
    - iii. Result from a force that disrupts soft tissue support structures surrounding the joint
    - iv. Most common areas: elbow, shoulder, thumb, patella, and hip
  - b. Symptoms
    - i. Deformity of joint
    - ii. Pain and tenderness

# Musculoskeletal Study Guide

**Siddappa N.Byrareddy**



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