

Unit 6 – Arms and Legs

Anatomy and Injuries

Two Types of Injury

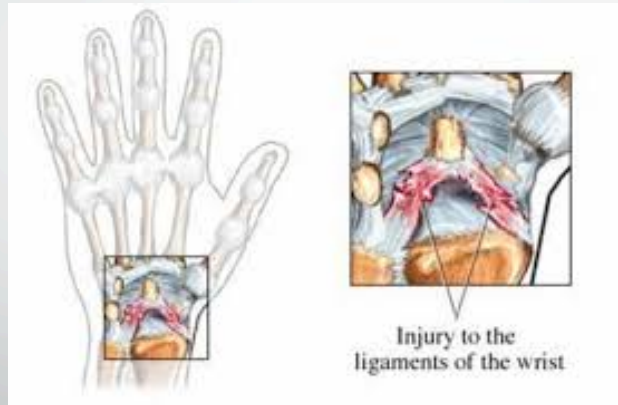
Acute (traumatic)

- An injury that occurred suddenly
- Should be treated with
 - Rest
 - Ice
 - Compression (tensor wrap)
 - Elevation

Chronic (non-traumatic)

- An acute injury that is now healing and needs rehabilitation
- An injury that has developed slowly and needs to be managed
- The injury may need to be taped or braced.

Wrist Sprain



Wrapping



Wrist Tape



Wrist RSI

Repetitive Strain Injury (RSI) includes:

- Tendonitis (inflammation of the tendon sheath)
- Bursitis (inflammation of the bursa sacs in joint)
- Carpal Tunnel Syndrome (pressure on the medial nerve)

Treatment for RSI

- Rest
- Ice (and Heat)
- “Working” Splint
- Range of Motion Exercise



Wrist Fracture



Splint



Sling

