

Treatment For Closed Soft Tissue Injuries

Type	Characteristics	Treatment
Contusion Ecchymosis Hematoma Edema	pain and bruising blue/black discoloration pain, swelling and discoloration pain, swelling and possible loss of function	reassure patient immobilize ice or cold pack elevate splint
Sprain Ankle Wrist & Hand Elbow	mechanism of injury anxiety point tenderness swelling and ecchymosis pain preventing movement instability of joint guarding	reassure patient gently support the site note and record CMS apply ice pack to sprained area splint and immobilize injured limb elevate injured limb arrange for transport to appropriate care center
Strain <i>Back</i> <i>Neck</i> <i>Muscle</i>	mechanism of injury anxiety point tenderness swelling and ecchymosis pain preventing movement instability of joint guarding	reassure patient gently support the site note and record CMS apply ice pack to sprained area splint and immobilize injured limb elevate injured limb arrange for transport to appropriate care center
Dislocation <i>Shoulder</i> <i>Knee</i> <i>Elbow</i>	mechanism of injury anxiety marked deformity swelling pain aggravated by movement tenderness on palpation virtually complete loss of normal joint motion (locked joint) numbness or impaired circulation	reassure patient gently support the site note and record CMS apply ice pack to sprained area splint and immobilize injured limb elevate injured limb mandatory transport to hospital emergency room

Special Note: Treat hip dislocations as fractures.