Contents

1. General Principles of Emergencies 1

- What does an emergency mean to you? 2
- Types of Emergencies 12
  - Life threatening 13
  - Life disabling 13
- Life Saving Skills 14
- Alphabets in Emergencies (A-F) 16
  - A–Airway Management 17
  - B–Breathing (Artificial Respiration) 18
  - C–Circulation 20
    1. CPR Technique 21
    2. Methods of Stopping the Bleeding 24
  - D–Digestive System 31
  - E–Excretory System 36
  - F–Fracture Management 36
- Before Managing the Fractures Look and Manage these: 36
  - Head injury 36
  - Face and jaw injury 40
  - Chest injuries 43
  - Rib fractures 45
  - Spine injuries 46
- Shifting an Injured Victim 48
  - Shifting a conscious injured victim 48
  - Shifting an unconscious injured victim 49
- Heart Attacks During Orthopaedic Emergency 53
- Unconscious Victim Management 56

2. Types and General Principles of Orthopaedic Emergencies 63

- Life Disturbing Orthopaedic Emergencies 64
- Types of Orthopedic Emergencies
  - At sleep 67
  - In the bathroom 67
  - At hall and kitchen 72
  - While getting ready 74
  - On the road 76
  - At work 78
  - During sports 79
- 8-Effective Principles of tackling an Orthopaedic Emergencies 84

i. Art of dressing 84
ii. Art of bandaging 85
iii. Art of preparing ring pads 87
iv. Sling preparation 94
v. Splints preparation 98
  – Unconventional 99
  – Conventional 100
vi. Strapping 101
vii. Taping techniques 104
viii. Ice therapy 110
  – Hot ice 112
  – Ice spray 112
  – Cold water 113
  – Ice water pack 113
  – Ice slurry and slush 113
  – Ice towels 113
ix. Fire packs 114

3. Management of Orthopaedic Emergencies 115

- What to do in Orthopaedic Emergencies 116
- Managing Sprains 118
- Managing Fractures 124
- Managing Open Fractures 135
- Managing Dislocations 139
- Tennis Elbow 145
- Pulled Elbow 146
- Muscle Injuries 147
  - Types 148
  - Myogelosis 148
  - Muscle bruises 149
  - Muscle strain 151
  - Muscle rupture 152
  - Sore muscles 154
  - Muscle cramps 156
- Managing Bursal Injuries 159
- Managing Nerve Injuries 159
- Managing Tendon Injuries 162
- Managing Acute Low-backache 163
- Managing Acute Neck Pains 171
- Managing hand Injuries 188
- Managing foot Injuries 190
- Managing Ankle Injuries 190
- Managing Tendo-Achilles Injury 195
- Managing Knee Injuries 197
- Managing Spine Injuries 198

4. Making of an Emergency Orthopaedic Kit 203

5. Hospital Management of Certain Common Orthopedic Emergencies of Interest (Medical Aid) 209

- Posterior Dislocation of Elbow 211
- Colles Fracture 218
- Clavicle Fracture 221
- Posterior Dislocation of Hip 225
- Anterior Dislocation of Shoulder 230
- Haemarthrosis of knee 235

6. Prevention of Orthopedic Emergencies 237

- Prevention of Orthopedic Emergencies 238
- Role of Yoga in Prevention 239

Index 241

About Dr John Ebnezar 245