Fractures, Dislocations & Sprains

Morgan County Preparedness Project

August 2025

Instructors

Art Cucinotta,

Rebeckah Lord, Sue Cucinotta

Goals of Today's Training

- Review Patient Assessment, Bleeding, Shock & Wounds Treatments
- Determine differences between Fractures, Dislocations & Sprains
- Learn how to Treat Fractures, Dislocations & Sprains

The Tiered Emergency Medical System

- General Public “First Responders” (Limited Basic Life Support)
- Police & Fire Personnel “First Responder” (Limited Basic Life Support)
- Emergency Medical Technicians “EMTs” (Basic Life Support)
- Paramedics (Advanced Life Support)
- Hospital Emergency Departments (Advanced Life Support)

Special Note

Morgan County is fortunate to have EMTs and Paramedics responding to every Emergency Ambulance response.

Patient Assessment Review

- Look Obvious Signs of Bleeding and Deformity
- Check Head & Neck (scalp, ears, nose, mouth, eyes, & neck)
- Look & Palpate the Chest, Abdomen and Back
- Look & Palpate the Upper and Lower Extremities

Bleeding & Wounds Review

Art Cucinotta

Bleeding & Wounds Review

- Cleaning the Wound
- Stop the Bleeding by using Direct Pressure, Pressure Point and/or Tourniquet
- Secure the Gause Pad with Roller Gause and/or a Cravat

Cleansing a Wound

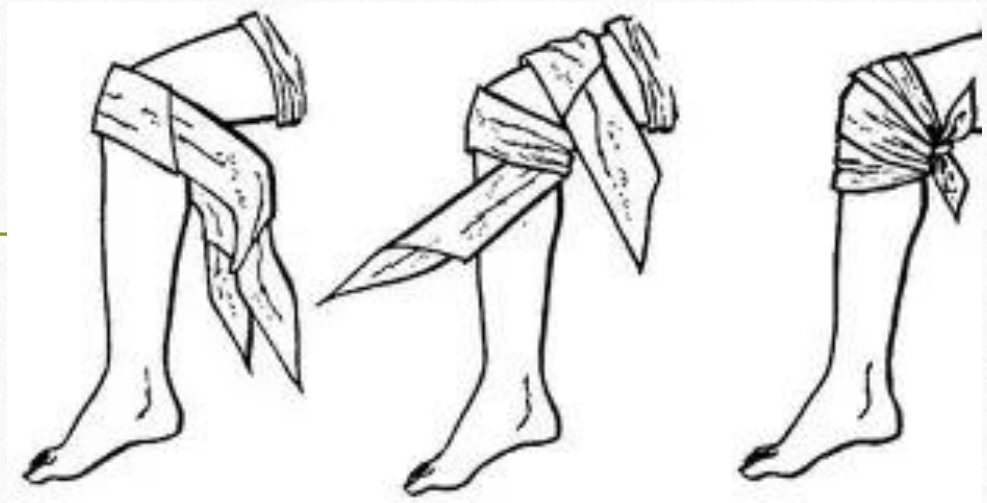
Stop by Bleeding Direct Pressure

Stop the Bleeding by Pressure Point

Stop the Bleeding by Tourniquet

Securing with a Roller Gause

Securing with a Cravat



Sprains & Dislocations

Presenter: Art Cucinotta

What is a Sprain?

- Injuries to a Ligament or Muscle
- Stretching of the Ligament or Muscle, may include internal bleeding swelling
- No deformity of the bone and/or joint
- May affect mobility

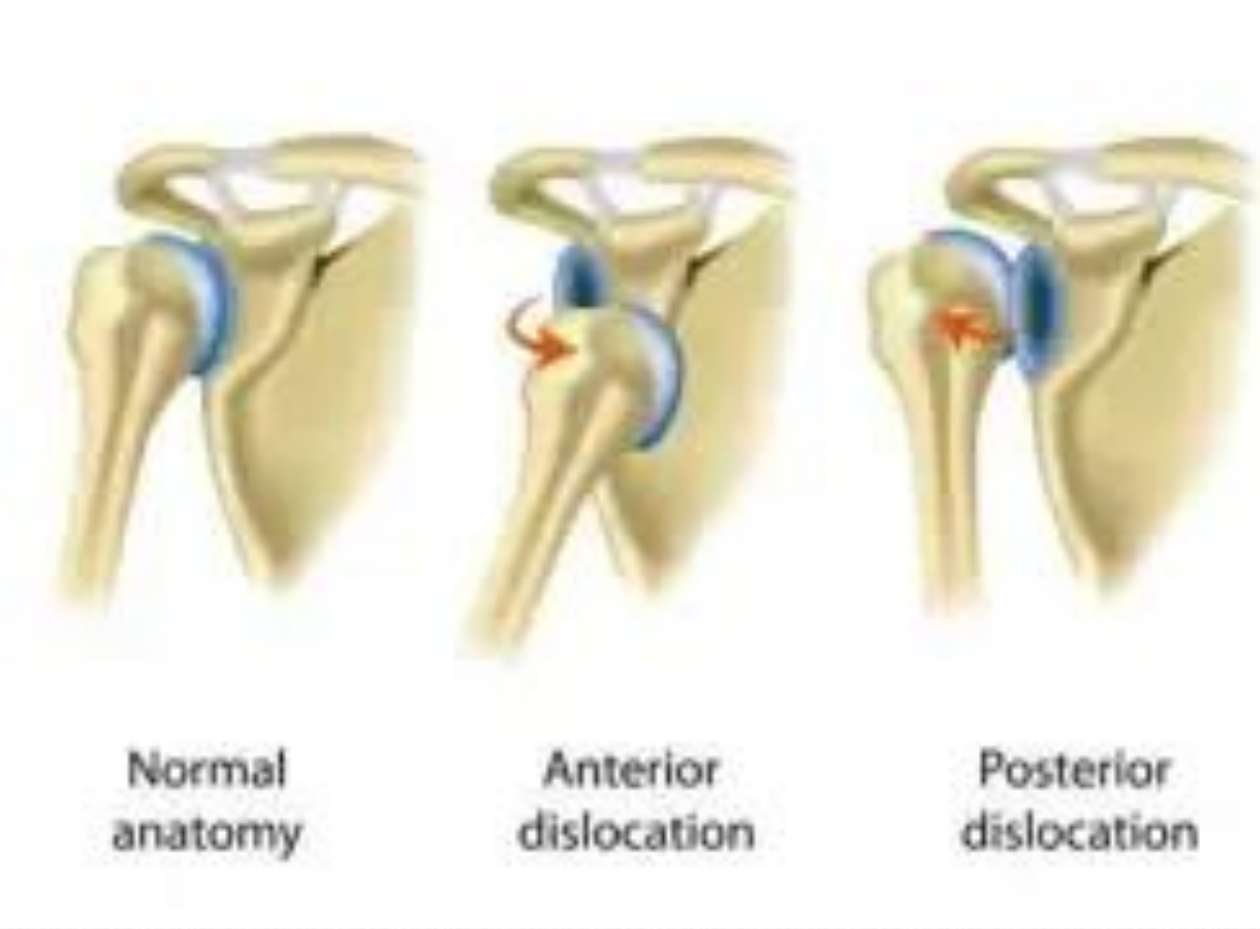
Treatment of a Sprain?

- Treated by Elevation, Ice Pack and Rest
- Secure with compression bandage
- Ensure that any bandage is not overly restricting the swelling

What is a Dislocation?

- A dislocation is an injury in which the normal location of a joint is disrupted
- Pain & Muscle Spasms
- The bone may have been forced out of the socket

Three Types of Shoulder Dislocations?

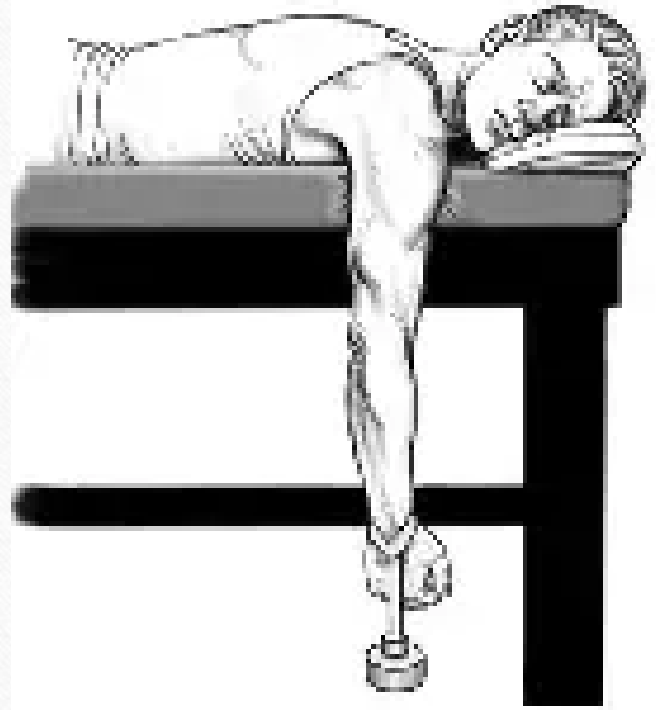


- Anterior
- Inferior
- Posterior

Treating Dislocations

- Securing in place with Sling/Swath or Pillow.
- Attempt to reduce the dislocation is justified in certain situations

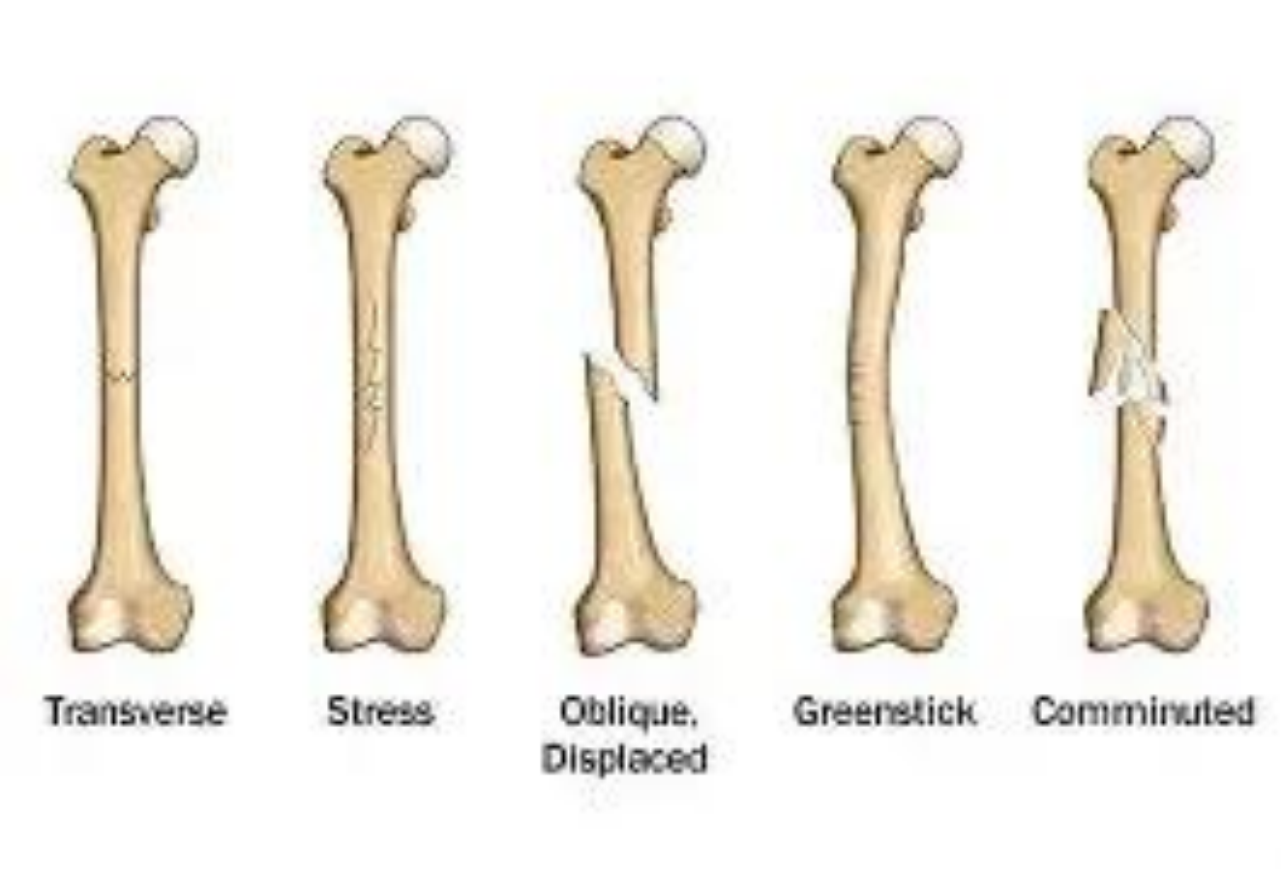
Let's Practice



Fractures Overview

Presenter: Rebeckah Lord

What is a Fracture?



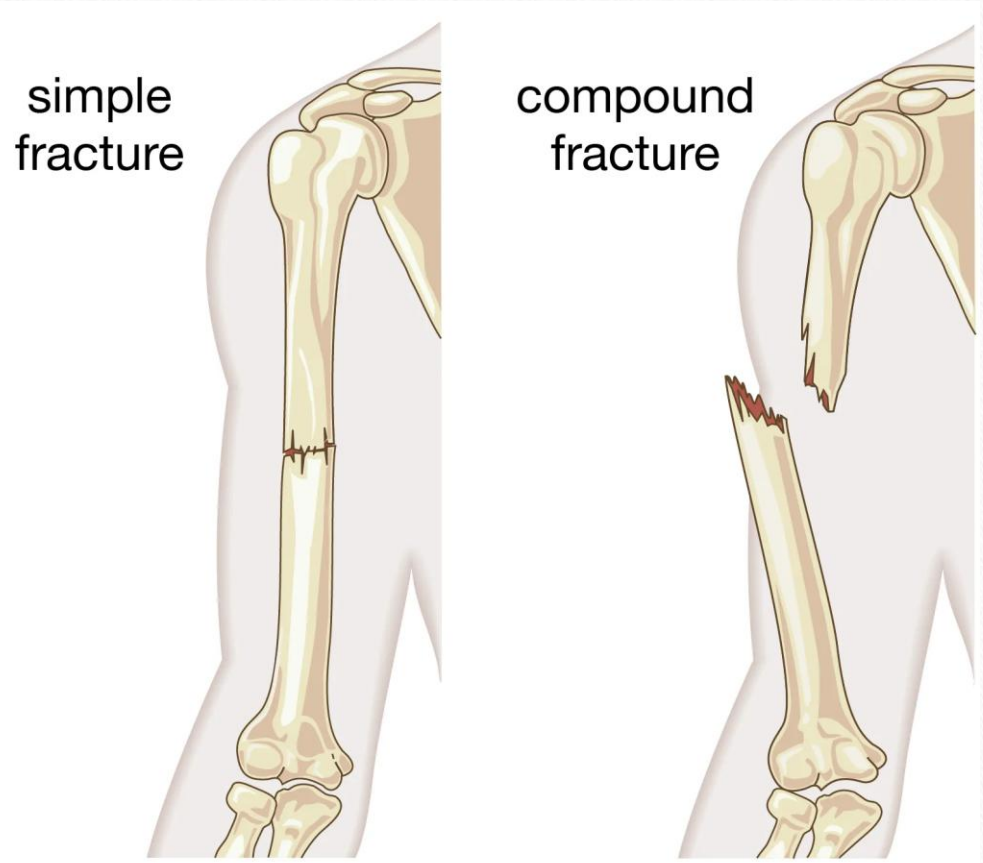
- Completed Broken Bone
- Comminuted Break (fractured in many places)
- Cracks in the Bone

Recognizing a Fracture?

- Pain or Tenderness
- Swelling
- Discoloration
- Deformity
- Instability of Bone

Generic Types of Fractures?

- **Simple Fracture:**
  A fracture in which the bone has “not” broken the skin.
- **Compound Fracture:**
  A fracture in which the bone “has” broken the skin.



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Rules on Treating Fractures

- If it's a Bone, secure from the Joint above & below the Fracture.
- If it's a Joint, secure from the Bone above and below the Fracture.

Different Types of Splints?

- Ridged Splints (Wood, Sticks, Cardboard)
- Soft Splint (Air, Padded Material, Rolled Up Newspaper, Pillow)
- Self-Splint (Anatomic)

What to Secure Them With

- Roller Gause / Cravat / Elastic Bandage
- Tape (First Aid, Duct, Electrical)
- Belt / Rope

Upper Extremity Fractures

Presenter: Rebeckah Lord

Treating a Neck Injury

- Secure Head
- Place cushioned material around Head & Neck

Let's Practice

Treating a Shoulder Fracture

Secure Arm with a Sling (aka Triangular Bandage)

Treating an Upper Arm Fracture

- Secure from joint above (shoulder) to joint below (elbow)
- Splint Fracture
- Secure with Triangular Bandage
- “Here is one using a Board”

Treating an Elbow Fracture

- Secure from bone above (upper arm) to bone below (lower arm)
- Secure with Sling

Treating a Lower Arm Fracture

- Secure from joint above (elbow) to joint below (wrist)
- Splint Fracture
- Secure with Sling.
- “Here is one using Rolled Up Newspaper”

Let’s Practice

Treating a Lower Arm Fracture

- Secure from joint above (elbow) to joint below (wrist)
- Splint Fracture
- Secure with Sling.
- “Here is one using an Air Splint”

Treating a Lower Arm Fracture

- Secure from joint above (elbow) to joint below (wrist)
- Splint Fracture
- Secure with Sling.
- “Here is one using Cardboard”

Treating a Lower Arm Fracture

Let's Practice

- Secure from joint above (elbow) to joint below (wrist)
- Splint Fracture
- Secure with Sling.
- "Here is one using Sticks"

Position of Motion

Place under hand so that it is not out flat

Treating a Wrist Fracture

Secure from bone above (lower arm) to bone below (hand)

Treating a Hand Fracture

- Secure from joint above (wrist) to joints below (fingers)
- Note “Position of Motion” of Hand

Treating Finger(s) Fracture

Creating a Finger Splint out of “Semi-Flexible” Material

Treating Finger(s) Fracture

Making a Self-Splint (Anatomic Splint)

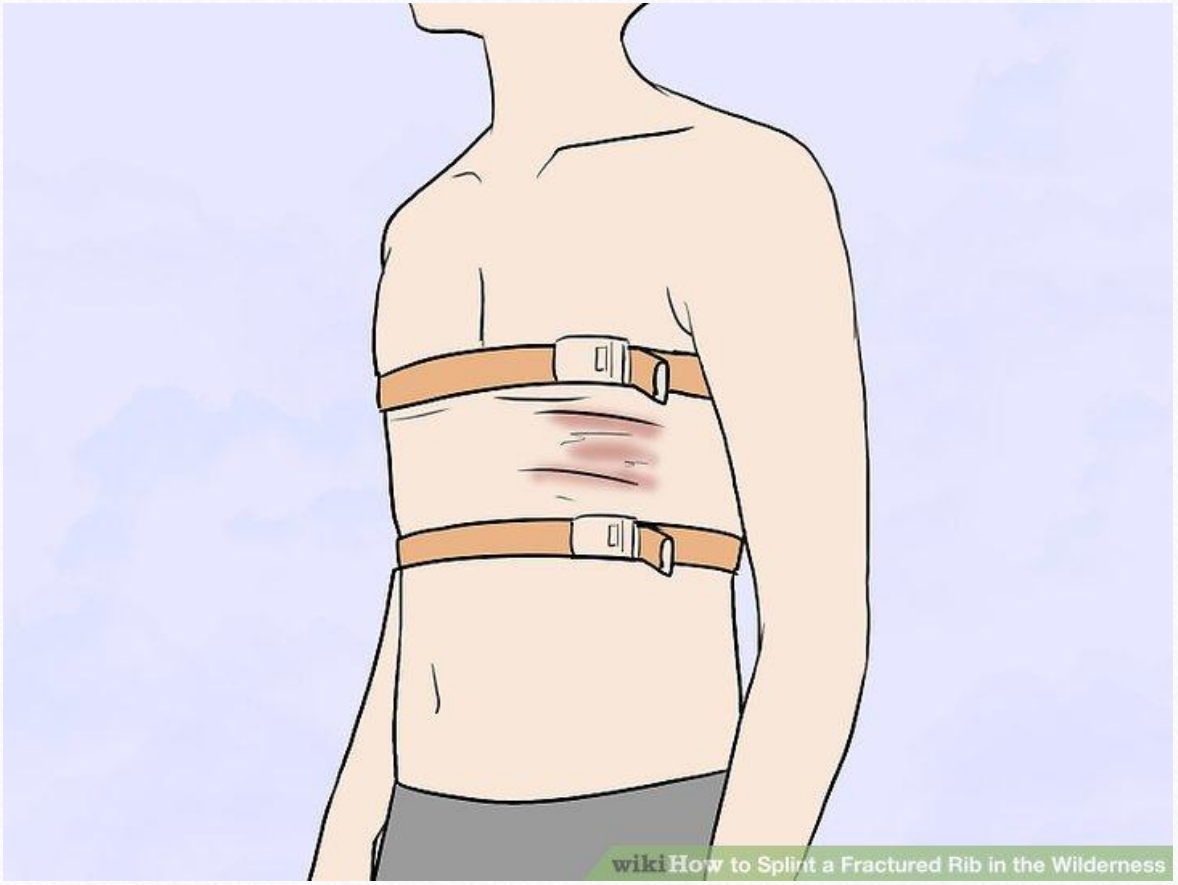
Treating Finger(s) Fracture

Here is an example of one made from a stick

Treating a Rib Fracture

- One does not want to Splint Fractured Ribs
- Splinting can cause Pneumonia
- Limit Movement

Treating a Rib Fracture



- Stabilizing, but not splinting the rib cage
- Limit Movement

Lower Extremity Fractures

Presenter: Art Cucinotta

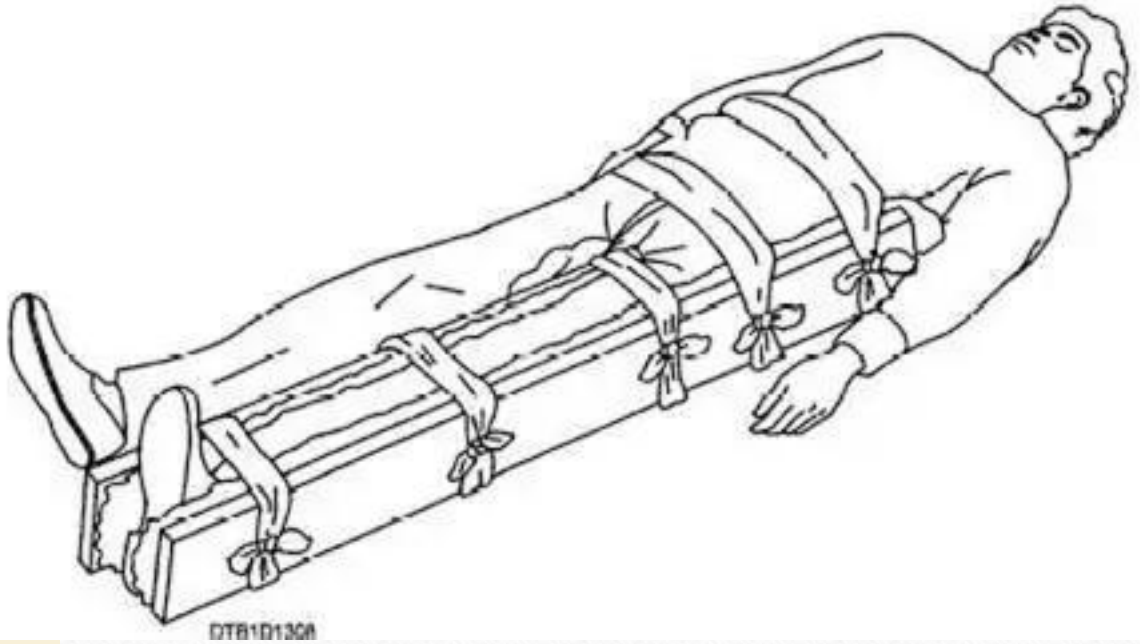
Treating an Upper Leg Fracture

- Can be an extremely serious injury
- Femoral Artery concerns
- Many times, treated by Traction Splint

What about a compound fracture?

Treating an Upper Leg Fracture

- Secure from joint above (hip) to joint below (knee)
- Splint Fracture
- Note length of wood



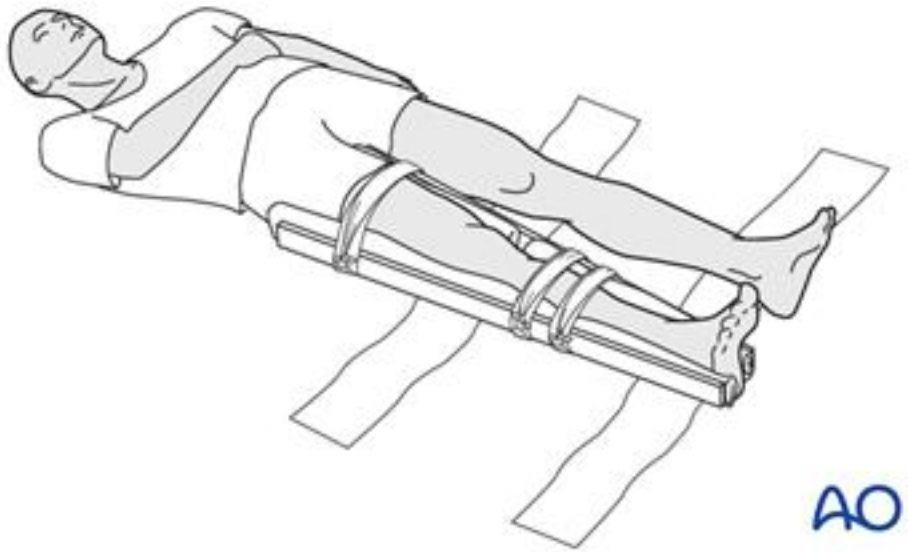
Treating an Upper Leg Fracture

Let's Practice

- Secure from joint above (hip) to joint below (knee)
- Self-Splint (Anatomic Splint)

Treating an Upper Leg Fracture

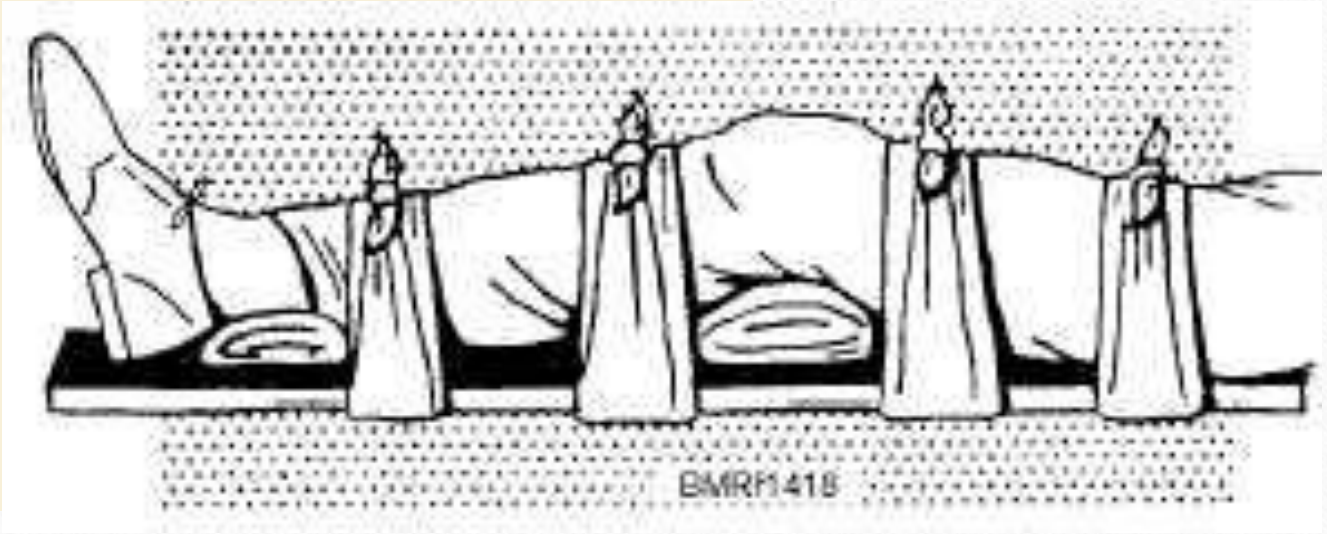
- Secure from joint above (hip) to joint below (knee)
- Note Wood on both sides of leg



Treating Knee Fracture

- Secure from bone above (upper leg) to bone below (lower leg)
- Splint Fracture

Let's Practice



Treating a Lower Leg Fracture

- Secure from joint above (knee) to joint below (ankle)
- Splint Fracture
- Note use of a Cardboard Splint

Treating a Lower Leg Fracture

- Secure from joint above (knee) to joint below (ankle)
- Splint Fracture
- Note use of a Stick Splints

Treating a Lower Leg Fracture

- Secure from joint above (knee) to joint below (ankle)
- Splint Fracture
- Note use of a Cardboard Splint

Treating a Foot or Ankle Fracture

- Secure from bone above (lower leg) to bones below (toes)
- Padded Splint

Treating a Foot or Ankle Fracture

- Secure from bone above (lower leg) to bones below (toes)
- Pillow Splint

Treating Toe Fractures

Self-Splint

(Anatomic Splint)

Treating Toe Fractures

How about a Shoe?

Summary

Presenter: Art Cucinotta

Your First Aid Kit

Based on your training, what might the contents of your “Emergency” First Aid Kit consist of?

Gauze Pads / Roller Gauze / Bandages

Cravat / Triangular Bandage

First Aid Tape / Scissors

Summary of Today's Training

- We reviewed Patient Assessment, Bleeding, Shock & Wounds Treatments
- We determine differences between Fractures, Dislocations & Sprains
- We learn how to Treat Fractures, Dislocations & Sprains

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Our Next Class

"Home Preparation – Session #2"

Backup Power, Lighting, & Heating

Tuesday, September 9th @ 6 PM
Saturday, September 13th @ 10 AM

At our new location Blue Ridge Community & Technical Center

Stay in Touch

- **Sign up for our email list** at **PrepareMorganCounty.com**

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on our website after the classes.

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"That's all Folks!"