

THE SOCIETY OF SPORTS THERAPISTS



Sports Trauma Management

9. Exposure, Environment & Everything Else

a. Musculoskeletal Trauma



The Society of Sports Therapists

Musculoskeletal Trauma

- Safe Approach
- Response
- Airway
- Breathing
- Circulation
- Disability
- Exposure, Environment & Everything Else



SABCDE would detect significant blood loss from a major limb fracture

- Estimated that a closed femur fracture results in 1000-1500mls blood loss
- This can double in an open (compound) fracture
- Class III haemorrhagic shock
- These are dealt with as per circulation
 - Fluid therapy



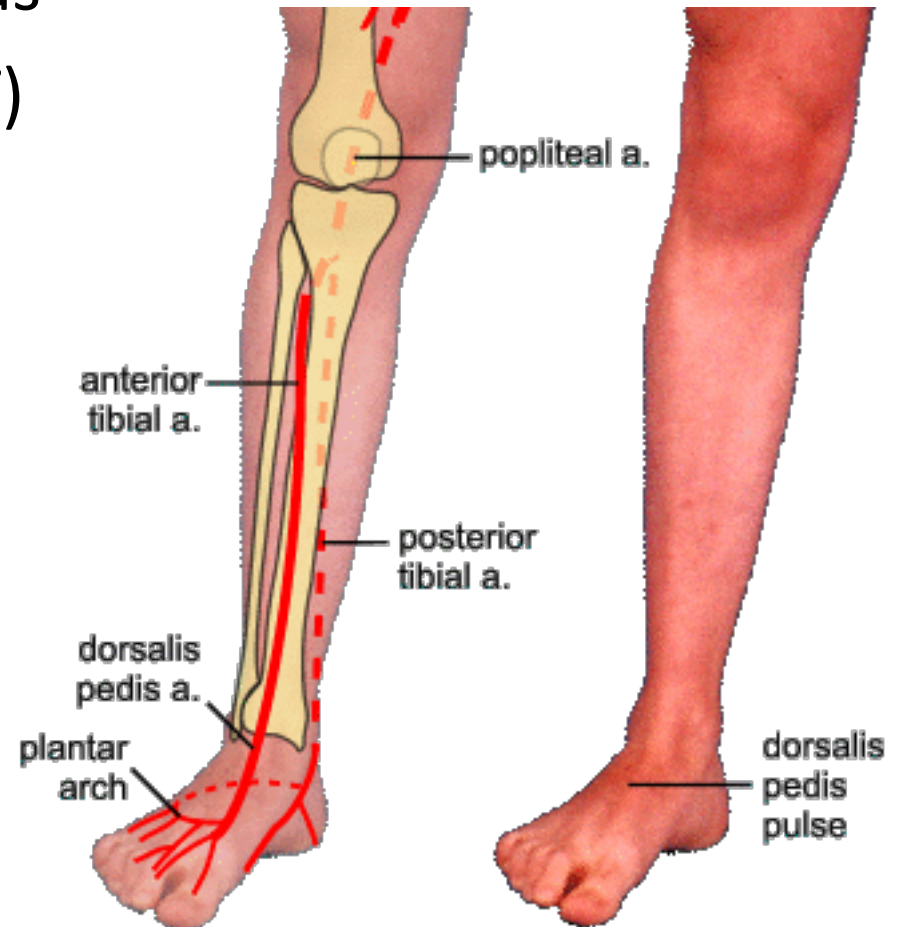
Secondary Survey

- Deformity
- Pain
- Tender on palpation
- External haemorrhage
- Crepitus
- Swelling
- **Neurovascular compromise**



Check Neurovascular Status

- Capillary Refill Time (CRT)
- Colour
- Muscle contraction
- **Pulse**
- **Sensation**



If the player is lacking a PULSE & SENSATION consider:-

- **Analgesia**

- Entonox (if there is NO head and chest trauma or LoC)
- IV paracetamol
- IV tramadol
- Morphine
- Ketamine

- **Reduce/ Relocate**

- **Recheck Neurovascular Status**



Complications of Fractures

- Haemorrhage
- Nerve and muscle damage
- Fat embolism (bone marrow fragment)
 - Fat clot
 - 1-3d post trauma
- Necrosis
 - >6hours post trauma
- Infection

Acute Compartment Syndrome

- Neurological deficit
- Ischaemic contracture
- Infection
- Amputation/death



• Signs

- Disproportionate amount of Pain
- P+ on PROM
- Tense Swelling
- **Paraesthesia (LATE)**
- **Paresis/ Weakness (LATE)**
- **Pulseless (LATE)**

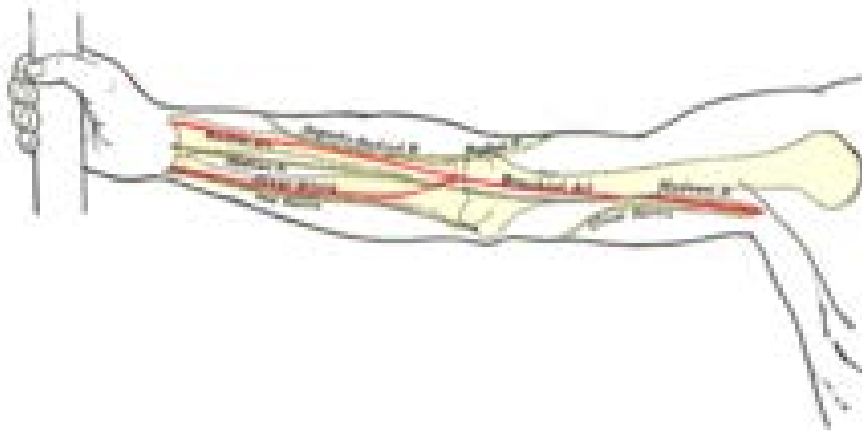
Management of Acute Compartment Syndrome

- ABCDE
- Analgesia
- Refer to Emergency Department ASAP
 - Fasciotomy



Shoulder Dislocations

- Check the military patch for axillary nerve sensation
- Check radial pulse

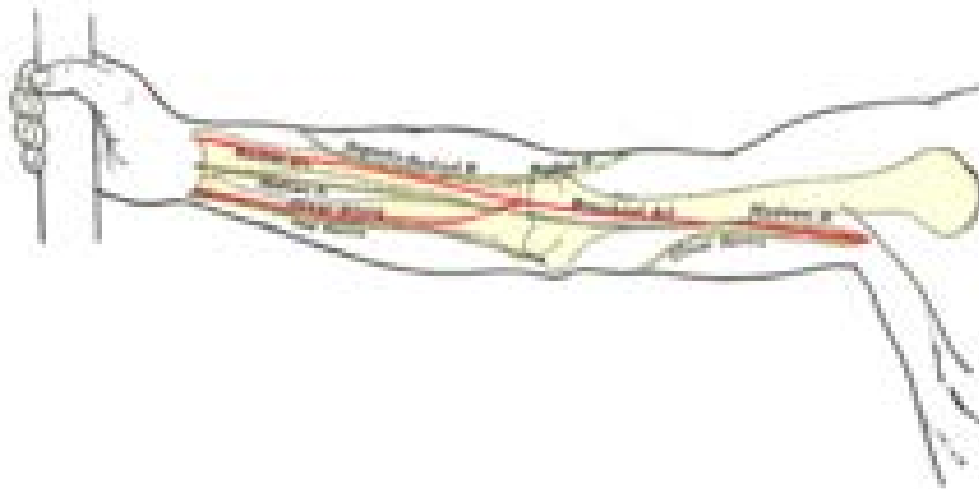


• Relocation approaches

- Spaso Technique
 - Supine, FLXN & ER to 90°
- Kocher's Method
 - Seated, elbow at 90° FLXN & ER, then Shoulder FLXN & IR
- Modified Milch
 - Seated, 100° ABD & ER
- Stimson
 - Prone, wrist weighted

Elbow Dislocations

- Check
 - Radial nerve – wrist extension
 - Median nerve – pronation
 - Ulnar nerve – flexion of 4th & 5th fingers



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