## **MUSCULOSKELETAL INJURIES Swelling** Tenderness on Routine medical care palpation Pain with active Obtain history of event motion **Discoloration** Muscular weakness Identify mechanism of injury Loss of range of motion Loosen any constrictive clothing and Loss of function jewelry **Based on history of event** and mechanism of injury **DETAILED HEAD TO** RAPID TRAUMA ASSESSMENT TOE ASSESSMENT Head **D**eformity **C**ontusions Neck Chest **A**brasions Abdomen **P**enetrations **Pelvis B**urns Extremities Lacerations Swelling **T**enderness Instability Crepitus Apply indirect ice or cold packs on affected area for 20 minutes and suggest icing every 2 hours for the next 24 hours If swelling or pain is severe, suggest evaluation and treatment at medical facility Splint any extremity injuries as needed For any musculoskeletal injuries involving loss of range of motion, use or pulses arrange for IMMEDIATE EMS transport. Monitor vitals every 15 minutes for stable patients and every 5 minutes for unstable patients until EMS arrival. Page 42 of 56