

## **ARTICULATION PROBLEMS**

Common articulation problems are dislocations, fractures, strains, and sprains. **Immobilization** is the common first aid treatment to these problems until medical attention is provided; **go to the emergency room if you suspect an articulation problem, pain can be the only symptom present.**

**DISLOCATIONS** occur when the bones at a joint are out of normal alignment due to an injury to the ligaments that hold them in place.

Symptoms can include:

- Difficulty and **pain** when moving the articulation
- Swelling, deformity, and discoloration at the affected articulation



**FRACTURES** are broken or cracked bones. Closed fractures have no visible open wound. In open fractures, the bone may be visible and may protrude through the skin.

Symptoms can include:

- Pain, tenderness, swelling and bruising
- Inability to move the injured part. Child may protect fractured limb, for example use other arm to feed self or reach for an item
- **In children, pain can be the only symptom of a fracture**

**SPRAINS** occur when **ligaments** around a joint are stretched or partially torn. Sprains are usually caused by a twisting injury (i.e., twisting an ankle). Symptoms include pain, tenderness to touch, and swelling.

**STRAINS** occur when **muscles and tendons** are stretched or partially torn. Symptoms include pain and stiffness.