

Musculoskeletal Exam Study Guide

I. Sprain

a. Patho

- I. Injury to ligament structures and the joint
- II. Caused from twisting or wrenching motion
- III. Usually in the ankles, knees, and wrists

b. Symptoms

- I. Symptoms: swelling, extreme pain, decreased ROM

c. Treatment (RICE)

- I. Rest- Rest for 24-48 hours.
- II. Ice- Cold packs to decrease inflammation for first 24-48 hrs in 30 min increments. Do NOT apply ice directly to skin.
- III. Compression- Prevent edema. Wrap from distal to proximal.
- IV. Elevation- For 24-48 hrs to decrease edema and move fluid from area

II. Strain

a. Patho

- I. Injury to muscle or tendon from over stretching
- II. Usually in large muscle areas: back, calf, hamstrings

b. Symptoms

- I. Symptoms: swelling, extreme pain, decreased ROM, contusion

c. Treatment (RICE)

- I. Rest- Rest for 24-48 hours.
- II. Ice- Cold packs to decrease inflammation for first 24-48 hrs in 30 min increments. Do NOT apply ice directly to skin.
- III. Compression- Prevent edema. Wrap from distal to proximal.
- IV. Elevation- For 24-48 hrs to decrease edema and move fluid from area

III. Dislocation Injury

a. Patho

- I. Dislocation - Complete displacement or separation of the joint
- II. Subluxation- Partial or incomplete displacement of a joint
- III. Result from a force that disrupts soft tissue support structures surrounding the joint
- IV. Most common areas: elbow, shoulder, thumb, patella, and hip

b. Symptoms

- I. Deformity of joint
- II. Pain and tenderness

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Jill Herzog

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Clinical Decision-Making Study Guide for Medical-Surgical Nursing - Revised Reprint Donna D.

Ignatavicius, Patricia Conley, M. Linda Workman, Donna Rose, Amy H. Lee, 2013 Designed to accompany Ignatavicius and Workman's Medical Surgical Nursing Patient Centered Collaborative Care 7th Edition this study guide helps you understand and apply material from each chapter in the text and gives you added support as you learn to make safe and effective clinical decisions. Study review questions provide a review of key content using a variety of question formats including a high percentage of questions in traditional and alternate NCLEX R Examination formats. Answers are provided in the back of the book. Case studies in most chapters give you the opportunity to apply higher level thinking skills to true to life clinical scenarios. NEW Increased emphasis on clinical decision making prepares you to confidently make safe and effective decisions in clinical practice. NEW Documentation practice questions have been added to select case studies to help you take the next step in patient care just as you would in clinical practice.

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Teaching and Assessing Clinical Competence ,1990 Jill Herzog,2012 Rev ed of Appleton Lange review for the ultrasonography examination edited by Carol A Krebs Charles S Odwin Arthur C Fleischer c2004 *General Orthopaedics and Basic Science* Nikolaos K. Paschos,George Bentley,2019-03-21 This volume of the Orthopaedic Study Guide Series provides the foundation of general orthopedic and basic science Chapters of this book cohere around three aspects of the musculoskeletal system anatomy physiology and pathology Next to basic principles case reports underline key information relating to disorders diagnosis and treatment options Written by leading experts this volume is a concise guide designed as quick reference thereby it presents a useful resource for orthopedic residents and fellows *Study Guide for Clinical Nursing* Emily C. Cardew,1961 *Lange Review Ultrasonography Examination: Fifth Edition* Charles S. Odwin,Arthur C. Fleischer,George Berdejo,2021-03-22 Trust the 1 selling ultrasonography study guide 1 000 images 3 000 review questions answers content from leading experts in the field Lange Review Ultrasonography Examination has long been the go to guide for anyone seeking certification or recertification in ultrasonography This unbeatable study aid summarizes the entire ultrasonography curriculum in concise readable narrative helping you understand and retain key concepts Covering the latest ultrasonography technologies and techniques this new edition brings you fully up to date on the topics you need to know most and it includes all new chapters on 3D sonography in obstetrics and gynecology musculoskeletal ultrasound and breast sonography With its authoritative and engaging coverage combined with thousands of sample questions and detailed answers that reinforce learning Lange Review Ultrasonography Examination provides the fully rounded learning experience you need to ace the exam

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