

## REDUCING FRACTURES AND DISLOCATIONS

**"Reducing" a fracture means returning the broken ends of the bone to their normal position, in alignment. This will ease pain, increase mobility, improve the blood and nerve supply, and reduce the risk of infection in open fractures.**

In the wilderness, reduction must be achieved by external manipulation. After reduction, clean and dress any wounds, especially those involving fractured bones (for more information on fractures, see pp.118-233), and apply splints, casts and traction as required (see p.203).

### Fractures may be:

**Undisplaced:** The ends of the bone are in alignment.

**Displaced:** The ends of the bone are put out of place to either side.

**Angulated:** The ends of the bone are at an angle to each other.

**Rotated:** The ends are rotated in opposite directions.



Displaced fracture



Angulated fracture



Rotated fracture

### General technique for reducing a fracture or dislocation

- Aim to begin as soon as possible and before the muscles go in to spasm, which will tend to shorten the limb, making successful reduction more difficult.
- Find a stable position in which to work, and take usual precautions for setting up a procedure (see pp.190-91).
- The casualty has to be relaxed and have plenty of analgesia. The procedure will be very painful:
  - Sedation: diazepam 5-10mg orally
  - Analgesia: morphine 5mg IM (repeat if necessary)
- Use gentle but firm traction. Reduction may take 10-30 minutes, so persevere. Give more analgesia if needed (monitor vital signs though).
- Bones may realign with traction alone.
- If they do not, try using direct pressure to ease the bone ends back together (see diagram).
- Reassess your course of action if any of these maneuvers increase the pain significantly. Check the blood and nerve supply (see capillary refill time, p.181; and test sensation). You may need to splint or support the limb as it is.
- Apply a splint before releasing traction (see pp.200-203).
- Check blood supply, nerve supply and pressure points regularly until the casualty can be evacuated.



Exert firm traction for 5-30 minutes



Push bones into normal position.

### Specific fractures and dislocations

#### Dislocated shoulder

The methods below are designed for dislocations to the front. Stop if bone grating (crepitus) occurs. There may also be a fracture; support the arm in a sling.

##### Method 1

- Lie the casualty on their back. Grasp the dislocated arm around the wrist, and lift it gradually to a vertical position. Be gentle.
- When the arm is vertical, apply traction.
- Maintaining vertical traction, rotate the arm outward.
- If you are having difficulty, it may help reduction if you find the head of the humerus (in the armpit), and gently push it in toward the socket, maintaining traction with the other hand.



Reducing shoulder: method 1

##### Method 2

- Lie the casualty face down on a table or ledge with the dislocated arm on the outside; pad under the shoulder.
- Attach a 2-4kg weight to the arm, in the position shown in the diagram. Apply more weight for a large, muscular casualty and less for a casualty of a smaller build.
- Relaxation, traction, and reduction of the arm may take longer than 30 minutes.
- After relocation, fit a broad arm sling for support.



Reducing shoulder: method 2

#### Fracture of the humerus

Only attempt reduction of upper-arm fractures if blood and nerve supply are threatened. If you do, use the general technique described opposite. Otherwise, treat with a collar and cuff splint (wrap a bandage around the body and the sling for extra support if the casualty will be moving). In this position the fracture may reduce by itself. A cast on the upper arm will provide extra support.



Collar and cuff splint

#### Elbow fractures and dislocations

When the elbow is injured, the lower arm is nearly always pushed backward through the elbow joint. The bone may be dislocated only or fractured as well. The elbow may appear bent, but should straighten after reduction.

- Apply traction along the line of the arm, with an assistant holding the upper arm (see illustration, left).
- When the muscles are relaxed, try gently to bend the arm straight.
- A clunk may indicate that the elbow has relocated.
- Provide support for the elbow by applying a splint (see diagram) and fitting a broad arm sling.
- Assess blood and nerve supply, as elbow injuries carry a high risk of damage to blood vessels and nerves.



Elbow splint

# Online Book Outdoor Medical Emergency Handbook Backpackers

**Tod Schimelpfenig**



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