SPRAINS, STRAINS, CONTUSIONS, BLISTERS, 
DISLOCATIONS AND SPINAL INJURIES

Name: ___________________________  Hour: ______________

1. ___________________________ and ___________________________ are injuries which occur at a joint.

2. The first procedures for strains, sprains and contusions can follow the RICE principle. 
   RICE stands for:

   R ___________________________
   I ___________________________
   C ___________________________
   E ___________________________

3. If a joint injury appears to be deformed, the first aid provider should assume the victim has a
   __________________________________________________________________________

4. No heat should be used on a sprain, strain or contusion until ______________ hours after an 
injury.  Heat stimulates ___________________________ and ___________________________

5. Another name for a bruise is a ________________________________________________

6. Use of a compression wrap is suppose to _______________________________________

7. When elevating a injured area, raise the area to a level ___________________________

8. Explain the difference before a strain and a sprain: _______________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
9. List three ways to prevent injuries to muscles.
   1. __________________________________________________________________________
   2. __________________________________________________________________________
   3. __________________________________________________________________________

10. The purpose of taking an anti-inflammatory is to ____________________________ and
     _____________________________. List two examples of anti-inflammatory:
     1. ___________________________________    2. ___________________________________

11. Avoid taking __________________________ if you notice that you bruise easily after using it.

12. What is the best first aid advice that you could give someone with a blister? ____________
     __________________________________________________________________________

13. If you have a blister, when should you drain it? ______________________________________
     __________________________________________________________________________

14. You come upon the scene of an accident and you suspect that one of the victims has a spinal
    injury, should you move the victim? Explain your answers.
     __________________________________________________________________________
     __________________________________________________________________________

15. Complete the following sentences with a word that will make the sentence a true sentence.
    Bones are connected to each other by ____________________ and muscles are connected to
    bones by _________________________. ________________________________ is the shock
    absorbing material found between bones at a joint.