

# Musculoskeletal Guideline

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## Assessment

- What happened? Mechanism of injury?
- Is there:
  - Pain
  - Swelling
  - Deformity
  - Bruising
- Can they move it, bear weight, is it equal in movement and strength compared to unaffected extremity if able?
- Is there any open area or bleeding?
- Circulation:
  - Is it cold or warm
  - Pink or pale
  - CAP refill
- View affected extremity compared side by side with unaffected extremity from as many angles as possible to note any subtle abnormalities.

## Recommendations

- Rest with ice and elevation.
- If obvious fracture:
  - Closed fracture: stabilize if able and call parent.
  - Open fracture minimal bleeding: cover, stabilize and call parent.
  - Any fracture with loss of circulation: call 911 and parent.
- Possible fracture:
  - Deformity, swelling, pain, or change in ROM: call parent and recommend medical evaluation.

- Suspected sprain or strain: after rest, ice and elevation then reevaluate.  
Notify parent as needed based on assessment.