Chapter 19

Caring for Muscle and Bone Injuries

1. Which of the following does NOT indicate an injury to the pelvic girdle?
p. 432

A.) Pelvis or hip has noticeable deformity
B.) The foot of the injured side turns outward
*C.) Both extremities are the same length
D.) Patient complains of pain with gentle pressure

2. How far should the rigid splint extend when splinting an injury to the forearm or wrist?
p. 430

A.) Just to the wrist
B.) Under the wrist
*C.) Past the fingertips
D.) To the palm

3. Which of the following should NOT be done when splinting an upper arm?
p. 428

*A.) Force the arm
B.) Splint the arm
C.) Check for a distal pulse
D.) Try to straighten once

4. Which should you NOT focus on during the primary assessment?
p. 416

A.) ABCs
B.) Major bleeding
C.) Mental status
*D.) Obvious injuries

5. Which statement about immobilization is NOT correct?
p. 420

*A.) Immobilize the suspected fracture site and the joint above the injury
B.) Secure upper extremities to the torso with a sling and swathe
C.) Assist the EMTs in transferring the patient to a spine board
D.) Secure lower extremities to each other

6. What should you do with an unpadded splint before applying it?
p. 420

A.) Apply commercial padding
B.) Mold it to the patient
*C.) Wrap it in dressings
D.) Get it wet

7. Which is an accurate statement of how to check an air splint for inflation?
p. 424

A.) Cannot make a dent in the splint
B.) Press the splint in one inch with your fingertip
C.) Should feel pressure against your fingertip
*D.) Make slight surface indention with your fingertip

8. Where will you place a blanket roll to stabilize a pelvic injury?
p. 433

A.) Under the hips
*B.) Between the legs
C.) Over the girdle
D.) On one side

9. About how far above the elbow should the hand be when placing an arm in a sling?
p. 422

A.) Two inches (5 cm)
B.) Three inches (7 cm)
C.) Five inches (12 cm)
*D.) Four inches (10 cm)

10. Which of the following may not be able to be evaluated when an air splint is applied?
p. 425

A.) Skin color
*B.) Distal pulse
C.) Capillary refill
D.) Motor function

11. How many cravats should be used to immobilize a pelvic injury with a blanket roll?
p. 433

A.) One
*B.) Four
C.) Five
D.) Two

12. What is injured when a patient suffers a strain?
p. 413

A.) Sprain
B.) Dislocation
C.) Fracture
*D.) Strain

13. On which body part should only a soft splint be used?
p. 425

*A.) Ankle
B.) Wrist
C.) Hand
D.) Thigh

14. Which is a better alternative when a patient has suffered multiple injuries?
p. 432

A.) Splint each injury
B.) Splint only the major injuries
*C.) Use long spine board
D.) Stabilize the head and neck

15. Which of the following should NOT be done if you suspect a hip dislocation?
p. 434

A.) Cover the patient with blankets
B.) Immobilize the leg with pillows
*C.) Reposition the patient's leg
D.) Provide oxygen

16. What position should the elbow be splinted in?
p. 429

A.) Position of function
B.) Position of comfort
*C.) Position it was found
D.) Position of reversion

17. Where should you check for sensation when the patient has injured his arm?
p. 428

A.) Forearm
B.) Upper arm
C.) Wrist
*D.) Fingers

18. What is the main reason to straighten a closed deformed injury?
p. 422

A.) Ensure easy transport
B.) Make splinting effective
*C.) Restore circulation
D.) Give the patient comfort

19. Which of the following should you do with an open wound?
p. 419

*A.) Dress the wound
B.) Set the bone
C.) Push the bones back in
D.) Remove bone fragments

20. Which of the following is NOT a location that you would tie a cravat when applying a blanket roll for stabilization?
p. 433

A.) Above the knees
B.) Below the knees
*C.) Pelvic girdle
D.) At the ankles

21. How far past the midthigh should the splints extend when immobilizing a bent knee?
p. 436

A.) 2 to 4 inches (5 cm to 10 cm)
*B.) 6 to 12 inches (15 cm to 30 cm)
C.) 3 to 7 inches (7 cm to 17 cm)
D.) 5 to 10 inches (12 cm to 25 cm)

22. Where should traction be pulled from when attempting to straighten an injured limb?
p. 421

A.) Medial side
B.) Lateral side
*C.) Distal end
D.) Proximal end

23. Where does the patient often place an injured arm?
p. 415

A.) Resting on their leg
B.) Behind their back
C.) Above their head
*D.) Close to their body

24. How long may it take for the bruising to appear black and blue?
p. 415

A.) Immediately
B.) 12 hours
*C.) 24 hours
D.) 6 hours

25. How many times should you attempt to straighten an angulation?
p. 422

A.) Two
B.) Three
C.) Four
*D.) One

26. What is the last thing you should be concerned about treating during your patient assessment?
p. 417

A.) ABCs
B.) Neck and spine injuries
*C.) Extremity injuries
D.) Care for shock

27. What should be used to splint a finger?
p. 426

A.) Swathe
B.) Small board
*C.) Tongue depressor
D.) Cardboard tubing

28. Which work together to allow for movement?
p. 409

A.) Bones and muscles
B.) Bones and joints
*C.) Muscles, bones and joints
D.) Muscles and joints

29. What should be done first when performing patient assessment?
p. 416

*A.) Determine scene safety
B.) Perform primary assessment
C.) Stabilize the patient
D.) Note mechanism of injury

30. What is the name of the medial lower leg bone?
p. 412

A.) Patella
B.) Fibia
*C.) Tibia
D.) Femur

31. What is the uppermost structure of the lower extremities?
p. 411

A.) Toe bones
B.) Knee cap
*C.) Pelvis
D.) Thigh bone

32. How many people should you assign the task of manual stabilization of a leg injury?
p. 421

A.) Three
*B.) One
C.) Four
D.) Two

33. What is the grating sound that can be heard when fractured bones rub against each other?
p. 415

A.) Coagulation
B.) Fracturing
C.) Creaking
*D.) Crepitus

34. What is the first thing you should do when evaluating motor function?
p. 415

A.) Ask to press down on your hands
B.) Ask if they can feel the pricking
C.) Ask to squeeze your fingers
*D.) Ask to move fingers or toes

35. What is used to hold the arm against the side of the chest and restrict movement?
p. 422

A.) Cast
B.) Splint
C.) Sling
*D.) Swathe

36. When caring for skeletal injuries what is first priority given to?
p. 417

A.) Pelvis
B.) Rib cage
*C.) Spine
D.) Skull

37. In what direction does the shoulder often dislocate?
p. 427

A.) Medial
B.) Posterior
C.) Proximal
*D.) Anterior

38. In what position should you immobilize an injured knee?
p. 434

A.) Position of comfort
*B.) Position it was found
C.) Neutral position
D.) Position of function

39. What is the first thing that should be done when splinting an injury to the upper arm?
p. 428

A.) Select a padded splint long enough for the area between shoulder and elbow
B.) Maintain the hand in the position of function
C.) Place the splint against the injured extremity
*D.) Check for distal circulation, sensation and motor function

40. What is the first step taken when splinting due to injury to the forearm?
p. 431

*A.) Manually stabilize the limb
B.) Check circulation, sensation and motor function
C.) Place the limb in a sling
D.) Apply a rigid splint to the limb

41. With which type of injury occurs when one end of a bone that is part of a joint is pushed out of place?
p. 413

A.) Strain
B.) Sprain
C.) Fracture
*D.) Dislocation

42. Which part of the musculoskeletal system provides support?
p. 408

A.) Muscles
*B.) Bones
C.) Ligaments
D.) Tendons

43. Where should an injured arm be elevated?
p. 418

A.) Above the head
B.) At the side
C.) Behind the back
*D.) Across the chest

44. What should be added when splinting an injury in an elderly patient?
p. 419

*A.) Padding
B.) Tape
C.) Ice packs
D.) Air

45. What is the medical name for the upper arm bone?
p. 411

A.) Scapula
B.) Clavicle
C.) Ulna
*D.) Humerus

46. What should be used to control major bleeding when splinting?
p. 419

A.) Roller gauze
B.) Occlusive dressing
*C.) Bulky dressings
D.) Direct pressure

47. What is a sign common to many serious bone injuries?
p. 413

A.) Bleeding
*B.) Deformity
C.) Discoloration
D.) Loss of feeling

48. What is usually the cause of weakness on the injured side?
p. 416

A.) Nerve damage
B.) Swelling
*C.) Pain
D.) Deformity

49. How should clothing be removed from the injury site when a a patient has suffered a musculoskeletal injury?
p. 418

A.) Tear them off
*B.) Cut them away
C.) Leave them in place
D.) Remove them normally

50. Which is injured with a twisting force?
p. 414

*A.) Shoulder
B.) Clavicle
C.) Scapula
D.) Humerus

51. What color will the extremity be when there is a lack of circulation?
p. 416

A.) White
B.) Yellow
*C.) Blue
D.) Red

52. Which of the following is NOT part of the appendicular skeleton?
p. 409

A.) Shoulder blades
B.) Wrists
*C.) Breastbone
D.) Hips

53. What part of the arm should be supported with a pocket in the sling?
p. 422

A.) Hand
*B.) Elbow
C.) Shoulder
D.) Wrist

54. Which type of splint is best when splinting a finger?
p. 430

A.) Traction
*B.) Rigid
C.) Air
D.) Soft

55. Which type of force causes the injury when a person reaches out to break a fall and dislocates the shoulder?
p. 412

A.) Reverted
*B.) Indirect
C.) Direct
D.) Twisting

56. How many bones make up each wrist?
p. 411

A.) 2
B.) 5
*C.) 8
D.) 14

57. Which is the most effective method to use when immobilizing an injured knee?
p. 435

A.) Soft splinting
*B.) Rigid splinting
C.) Air splinting
D.) Traction splinting

58. What appearance will the foot have if there is an anterior hip dislocation?
p. 434

A.) Rotated upward
B.) Rotated downward
C.) Rotated inward
*D.) Rotated outward

59. Where is an air splint typically used?
p. 424

A.) Head
B.) Upper leg
C.) Trunk
*D.) Lower leg

60. Which type of splint is more effective for injuries to the thigh?
p. 425

A.) Rigid
*B.) Traction
C.) Soft
D.) Air

61. What is the distal part of the upper arm?
p. 428

A.) Collarbone
B.) Shoulder joint
*C.) Elbow joint
D.) Shaft

62. What position should the hand be placed into when splinting an injury to the upper extremities?
p. 425-427

A.) Position of comfort
B.) Position found in
*C.) Position of function
D.) Position of location

63. Which type of force is often responsible for injury to the extremities?
p. 412

A.) Indirect
B.) Reverted
C.) Twisting
*D.) Direct

64. Where should the ice pack be placed if the extra pressure causes pain for the patient?
p. 418

*A.) Just above the injury
B.) It must remain on the injury
C.) Just below the injury
D.) To the side of the injury

65. Which pulse should be taken when assessing injured extremities for adequate circulation, sensation and motor function?
p. 415

A.) Proximal
B.) Medial
*C.) Distal
D.) Radial

66. What is often the only symptom when musculoskeletal injuries are not that obvious?
p. 408

*A.) Pain
B.) Loss of movement
C.) Deformity
D.) Bleeding

67. In which location is large amounts of blood loss NOT as great of a concern?
p. 417

A.) Pelvis
*B.) Arms
C.) Thigh
D.) Chest

68. Which type of splinting is preferred when the elbow is found in the straight position?
p. 430

A.) Traction
B.) Soft
C.) Body
*D.) Rigid

69. Which of the following can be injured by a lateral blow?
p. 414

A.) Ankle
B.) Wrist
C.) Elbow
*D.) Humerus

70. Which of the following should NOT be done when treating an injured skier?
p. 437

A.) Notify ski patrol immediately
B.) Remove the ski from the boot
C.) Keep warm with others' coats
*D.) Apply snow to reduce swelling

71. How long at the base should a sling be ideally?
p. 422

A.) 30 to 40 inches (76 cm to 101 cm)
*B.) 50 to 60 inches (127 cm to 152 cm)
C.) 40 to 50 inches (101 cm to 127 cm)
D.) 60 to 70 inches (152 cm to 177 cm)

72. What position should you try to move the injured, deformed extremity into?
p. 421

A.) Flat position
B.) Elevated position
*C.) Natural position
D.) Neutral position

73. Injury to which body part can have an open wound, but still be classified as a closed injury?
p. 413

A.) Leg
B.) Arm
*C.) Head
D.) Abdomen

74. Where should a rigid splint be placed on the upper arm?
p. 428

A.) Medial part of the arm
B.) Proximal part of the arm
*C.) Lateral part of the arm
D.) Distal part of the arm