

What is Fracture Immobilization?

Worksheet

Fracture immobilization stops the movement of broken bones using splints, slings, padding and bandages to reduce pain and prevent complications while waiting for emergency care.

Questions

1. What is fracture immobilization?
 - A) Applying medicine to the broken bone
 - B) Preventing bone movement to reduce pain and complications
 - C) Exercising to rebuild strength
 - D) Removing the injured limb
2. How long should ice be applied after a fracture?
 - A) 5–10 minutes
 - B) 15–20 minutes
 - C) 30–45 minutes
 - D) Continuously until medical care
3. What does a sling do?
 - A) Increases blood flow to the injury
 - B) Applies pressure to stop bleeding
 - C) Supports and immobilizes an arm or hand
 - D) Reduces body temperature
4. Why elevate a fractured limb?
 - A) To increase pain tolerance
 - B) To reduce swelling and improve circulation
 - C) To prevent the fracture from healing
 - D) To keep it warm
5. A person falls and injures their arm. The arm is swollen and painful. Apply immobilization.
6. A broken leg needs immobilization at the roadside.
7. Injured collarbone — what support works best?
8. Define: What is the goal of fracture immobilization?
9. Define: What are common immobilization methods?
10. Define: How long should ice be applied?

Answer Key

1. B) Preventing bone movement to reduce pain and complications — Immobilization prevents movement and further injury to the fracture.
2. B) 15–20 minutes — Ice for 15–20 minutes reduces swelling without damaging tissue.
3. C) Supports and immobilizes an arm or hand — A sling prevents arm movement and provides support.
4. B) To reduce swelling and improve circulation — Elevation reduces swelling by lowering fluid accumulation.
5. 1. Assess — check for deformity and swelling 2. Have person stop all movement of the arm 3. Apply ice wrapped in cloth for 15–20 minutes to reduce swelling 4. Create a sling: tie cloth or scarf around neck to support arm 5. Add padding between body and arm for comfort 6. Monitor colour and sensation of fingers 7. Seek medical care
6. 1. Keep person lying down with leg straight 2. Apply ice packs if available 3. Use rolled newspaper or cardboard as a splint along the leg 4. Tie the splint gently with cloth strips — not too tight 5. Elevate the leg slightly above heart level 6. Check that toes are warm and sensation is normal 7. Call emergency services
7. 1. Create a sling to support the arm on injured side 2. Place padding between arm and chest 3. Gently tie the sling around the neck 4. Limit all shoulder movement 5. Apply ice to reduce swelling 6. Keep the arm close to the body
8. To prevent bone movement, reduce pain and prevent further injury while waiting for medical care.
9. Slings, splints, elastic bandages, padding and elevation.
10. 15–20 minutes, wrapped in cloth to avoid direct skin contact.

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