

### Types of Injuries

- Muscle Strains - Pain, Limited Motion, Muscle Spasm & Weakness, Localised Swelling, Cramping, Inflammation, Loss of muscle Function
- Ligament Sprains - Pain, Swelling, Bruising, Instability, Loss of Ability of move and use the joint, Pop/Tear at time of the injury
- Tendon Disorders - Tendinitis, Tendinosis, Tenosynovitis
- Dislocations
- Fractures

### Shoulder Injuries

- Dislocated/Subluxated AC Joint
- Fractured Clavicle
- Dislocated Shoulder
- Supraspinatus Tendinopathy
- FOOSH

### AC Joint Injuries

- Arthritis - Weightlifters
- Fractures
- Sprains (with/without separation and instability)

### Elbow Injuries

- Soft Tissue - lateral + medial epi condylitis

### Hand Injuries

- Fractures + Dislocation of the phalanges + metacarpals
- Mallet Finger and Gamekeeper/Skier's thumb

### Complex Regional Pain Syndrome (CRPS)

- 2 types,  
**CRPS-I** - soft tissue injury/immobilisation with absence of nerve injury  
**CRPS-II** - occurs after an injury to a major peripheral nerve
- Continuous, intense pain not related to the injury, gets worse than better over time

### Budapest Criteria

- Presence of pain with is not related to the causative event
- Presence of one sign in two or more of the categories listed below
- Presence of at least one symptom in three or more of the categories listed below
- Ruled out other diagnosis



### Categories

**Sensory:** Allodynia (light touch, temperature, deep somatic pressure/joint movement), and/or hyperalgesia (pin prick), can have hyperesthesia

**Vasomotor:** Temperature differences (>1C)/skin colour changes and or skin colour asymmetry

**Sudomotor/oedema:** Oedema/sweating/sweating asymmetry

**Motor/Trophic:** Reduction in ROM/motor dysfunction (weakness, tremour, dystonia) and/or trophic changes

### Management

#### Patient Centred diagnosis:

Significance of illness to patient

Effect on family and relationships, work and income, sexuality, attitude + spirituality

Psychological effects - stress, anxiety, abnormal illness behaviour, sleep, depression

#### Patient centred management:

Psychological support

Appropriate reassurance

Patient Education

Empowering self responsibility

Anticipatory guidance/special hazards

Prevention

Health Promotion

Lifestyle recommendations/modifications - diet/nutrition, exercise, alcohol, smoking, stress management

Family and social supports

Self Help groups

Alternative options

Consultation and referral

Follow- up



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Page 2 of 2.

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