



**ThinkAskLearn**  
Health Professional Education

## Upper Limb Injuries

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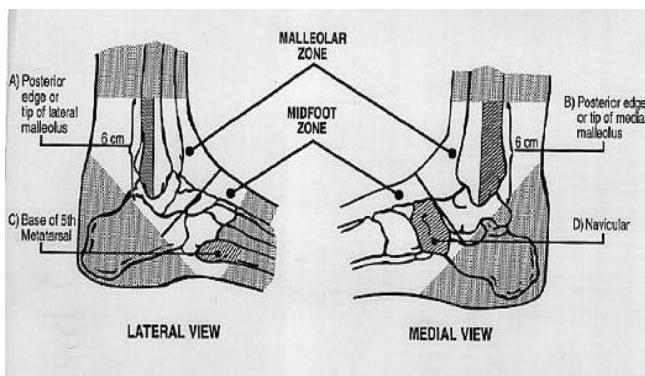
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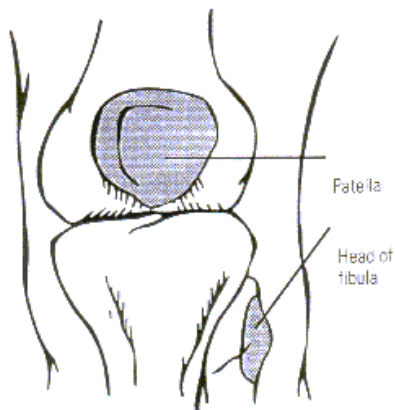
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disappointed.



## AMPLET

- Allergies
- Medications
- Past History
- Last ate
- Environment
- Tetanus



## Slings



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## Limbo Cast Covers



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## The Shoulder

- 16 y.o. Male – playing football was tackled and fell to the ground – directly onto right shoulder - c/o pain



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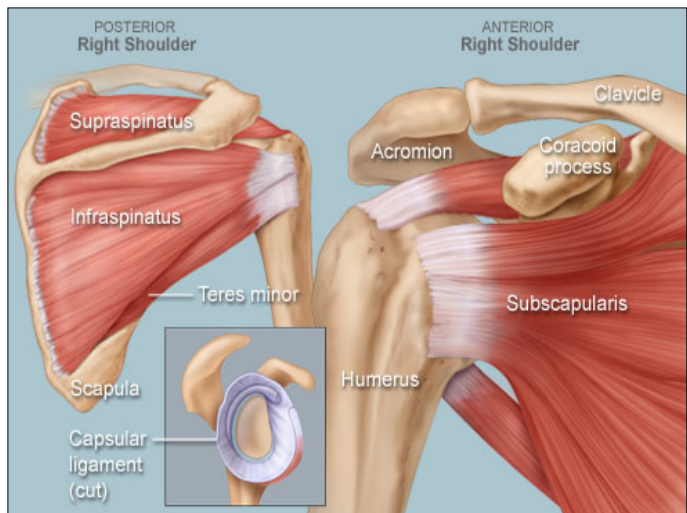
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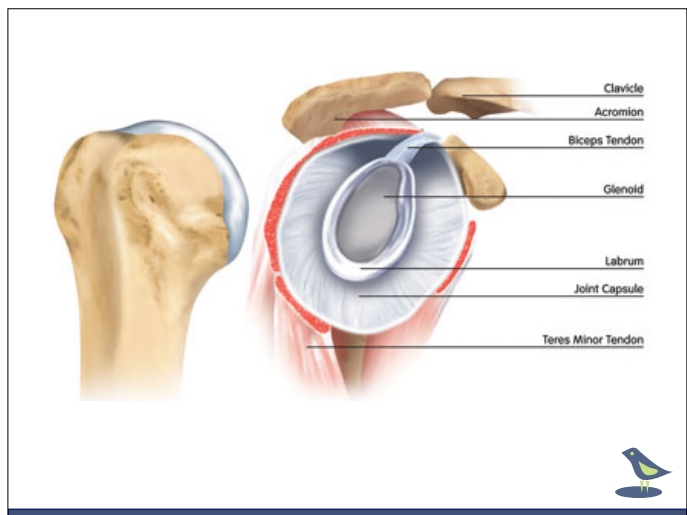
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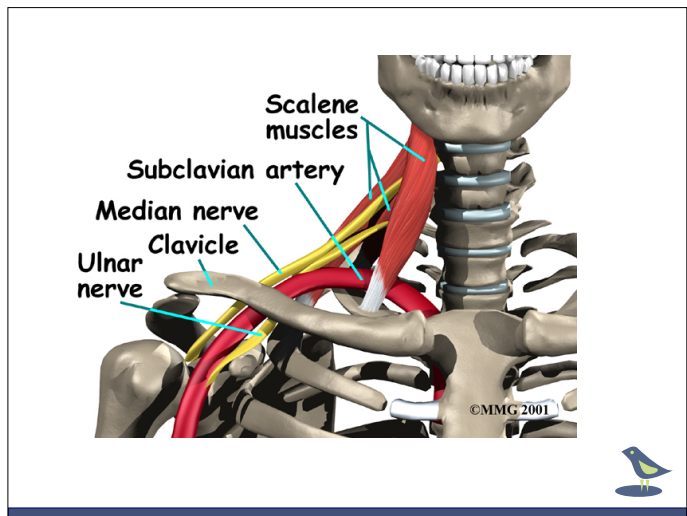
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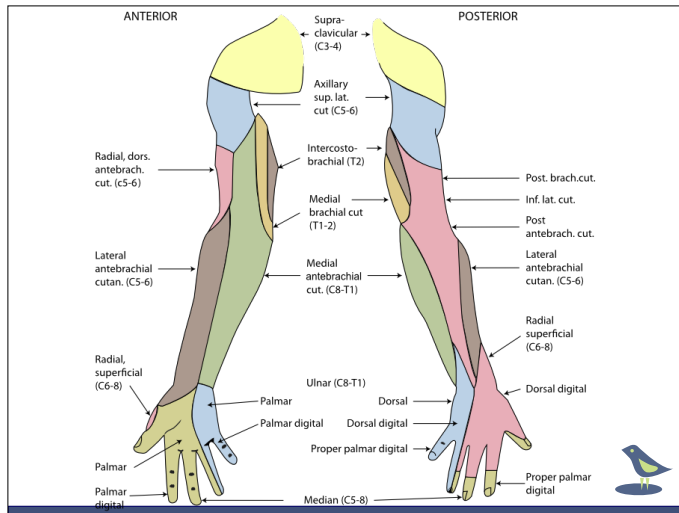
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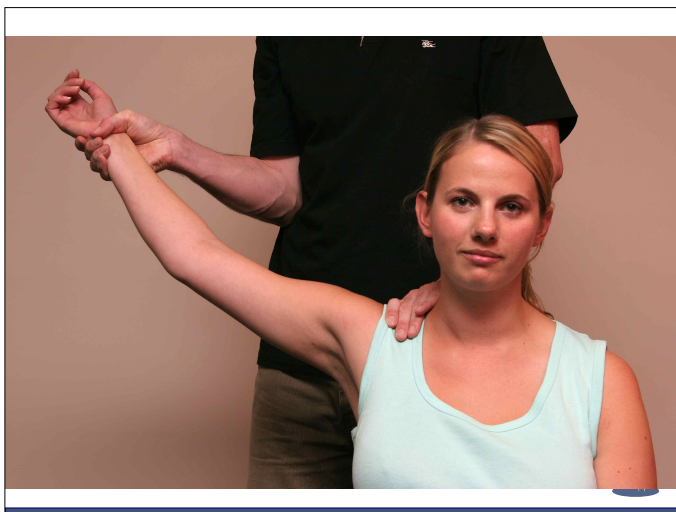
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## Shoulder Dislocations

- 99% Anterior Dislocations
- Usually abducted and externally rotated
- May have external, posterior force applied



## Shoulder Dislocations

- 99% Anterior Dislocations
  - Usually abducted and externally rotated
  - May have external, posterior force applied
- Fall
- Usually male, under 30,
- 1% Posterior Dislocation
  - Seizure
  - MVA Seatbelt
  - Electrocution



## Presentation

- Usually arm abducted across chest
- Anterior fullness
- Loss of deltoid contour
- Extreme pain in first instance
- Usually good history
- Neuro- Tingling over deltoid

About 54% of presentations to the ED were initial dislocations

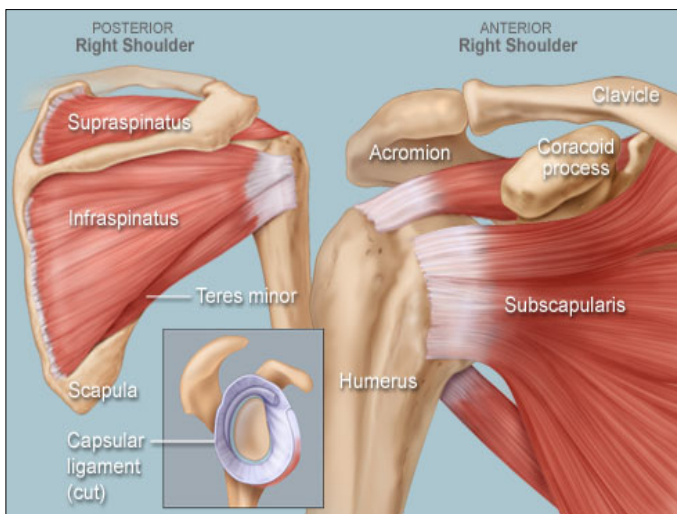


## Post Reduction Management



## AC Joint Dislocation

- Not really a dislocation but is a tear of the acromioclavicular ligament



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- Prominent outer end of clavicle
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- Not really a dislocation but is a tear of the acromioclavicular ligament
- Results from fall onto point of shoulder
- Prominent outer end of clavicle
- Drooping of shoulder
- Pain on movement
- Localised tenderness
- Supporting shoulder



## Management

- Stand Patient
- Assess both shoulders
- Local tenderness is always present
- Trip to Hospital
  - Analgesia
  - Xray -both shoulders to compare AP
- Broad arm sling and Ice to shoulder
- Gross disruption may require OT (screw clavicle to coracoid process)





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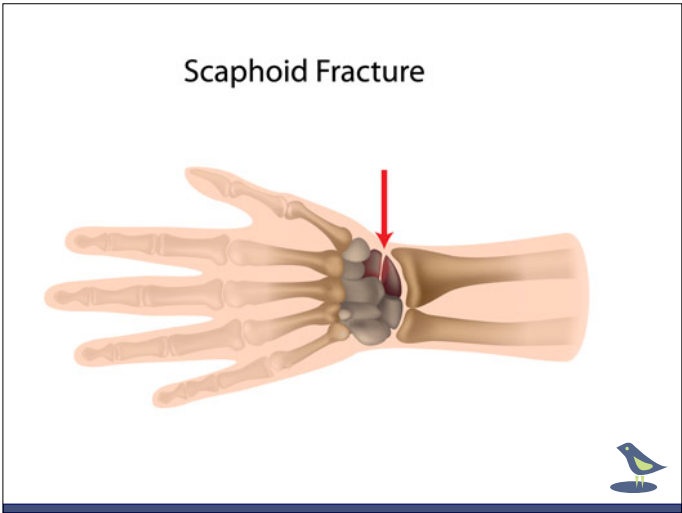
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Anatomical Snuffbox




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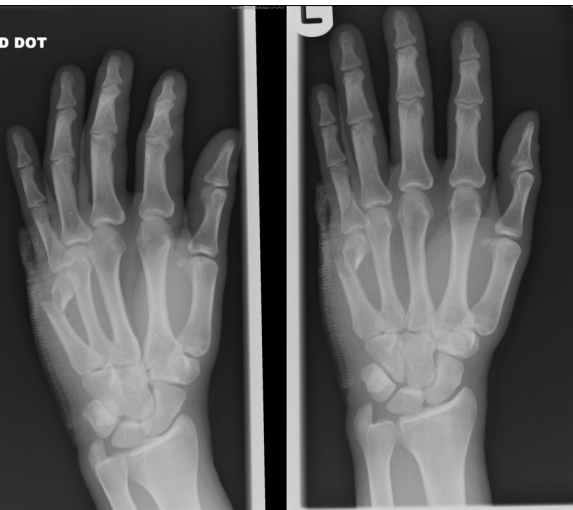
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RED DOT




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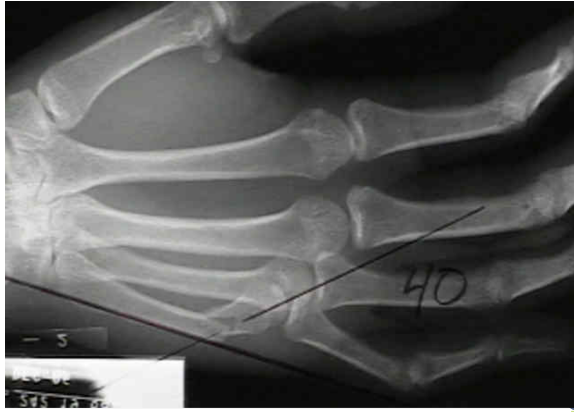
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Figure 1. Buddy strapping.



Pellett et al 2019



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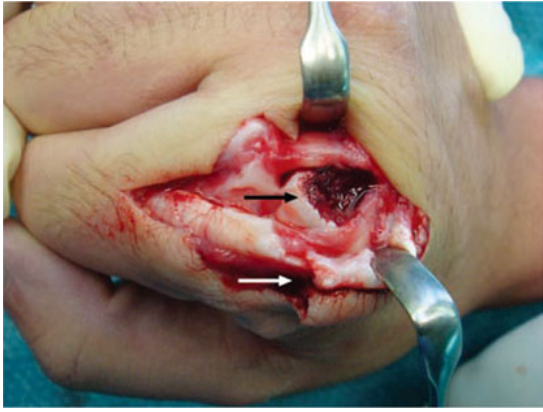
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