

“It’s Your Call – Scenario
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“Medic 1, please respond to Mile 63, Wilderness Roadway for an injured rock climber. People on scene report a bad leg injury. Time out: 1325.” A call with this dispatch information could mean many things from a person with a mild ankle sprain to a person who fell from a cliff with multi-systems trauma. It is also important to know how far this patient is from medical care (x-ray machine, operating room, etc.)

In this particular case, the patient is a 58 year old male who rolled his right foot/ankle outward (everted) while walking up to the cliff; he noted a loud snap, with severe deformity of the right ankle. He fell from a standing position onto the ground, so there is no fall from a height in this instance. He was wearing a climbing helmet, did not hit his head, and did not lose consciousness. He is unable to bear any weight on his right foot/ankle. He denies previous trauma to that leg and has a history of non-insulin dependent diabetes (DM).

Physical Assessment: alert and oriented male complaining of severe pain in the R ankle. Head/Ears/Eyes/Nose/Throat; Neck, Chest, Abdomen, Pelvis and Back: no deformity, swelling, bruising, tenderness or other injuries noted. PERL, trachea midline, no JVD breath sounds equal bilaterally.

Extremities: upper extremities and left lower extremity atraumatic, non-tender, no-deformities, CMS intact

Right lower extremity: skin intact, gross deformity of right ankle (foot laterally angulated) with tenting of the skin medially. There is significant swelling and bruising in the ankle, primarily on the medial (inside) aspect. Pulses: intact R foot, sensory and motor function intact.

When do you straighten angulated long bone injuries?

As an EMT, do you ever straighten joint injuries, if so when is it appropriate?

How would you treat this injury?

What bones are broken in an ankle fracture?

What types of splint are effective for this type of injury?