**Extremity Injuries**

**GOALS:**

1. Become familiar with extremity injuries, including sprains, strains, contusions, and fractures.
2. Be able to grade sprain and fracture types.
3. Learn about signs and symptoms concerning for musculoskeletal tumors.
4. Know the most common musculoskeletal tumors found in children.

**OBJECTIVES:**

1. Describe extremity injuries in terms of epidemiology, clinical presentation, diagnosis, treatment, and prognosis, for the following:
   1. Contusion
   2. Strain
   3. Sprain
2. Differentiate between various types of fractures, including:
   1. Greenstick
   2. Buckle
   3. Displaced
   4. Non-displaced
   5. Salter-Harris
3. Show pictures of fracture types.
4. Discuss treatment of extremity fractures.
5. State how to counsel patients and parents on safety in sports and physical activities.
6. Elaborate on common pediatric musculoskeletal tumors and their presentation in the outpatient setting.
7. Show radiological images of common pediatric musculoskeletal tumors.

**INSTRUCTIONAL STRATEGY:**

1. Lecture
2. Case presentation

**RESOURCES:**

1. <http://radiopaedia.org/articles/salter-harris_fractures>
2. <http://www.learningradiology.com/toc/tocorgansystems/tocbone.htm>
3. <http://njms2.umdnj.edu/tutorweb/introductory.htm>
4. <http://skeletalrad.org/resources/web_resources.aspx>
5. <http://www.bonetumor.org/>
6. <http://www.niams.nih.gov/Health_Info/Sports_Injuries/child_sports_injuries.asp>

**EVALUATION STRATEGY:**

1. Post-test
2. Case management discussions

**REFERENCES:**

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9. Arndt CA, Rose PS, Folpe AL, Laack NN. Common musculoskeletal tumors of childhood and adolescence. *Mayo Clin Proc.* 2012 May; 87(5): 475-87.