

# Distortion

**Distortion (sprain)** occurs through indirect action or direct violence when *the physiological range* of motion in a given joint is exceeded.

## Clinical picture

- partial rupture or distension of the capsule or ligaments can also be hemarthroses
- **the joint** remains **stable**
- soreness, swelling , limitation of motion, hematoma

## Therapy [ [edit](#) | [edit source](#) ]

- **puncture** a larger effusion , **evacuate** the hematoma and **flush** the cavity with ice-cold saline or mesocaine (in case of severe pain)
- **immobilization** , according to disability, lighten the joint, give NSA , **ice**
- for the knee, we can indicate **arthroscopy**

## Sources

### Related Articles

- Trauma

### Literature

- BENEŠ, Jiří. *Studijní materiály* [online]. [cit. 2009]. <<http://jirben.wz.cz>>.