



**BHARATHIDASAN UNIVERSITY**  
**TIRUCHIRAPPALLI-620 024,**  
**Tamilnadu, India**

**Programme : Master of Physical Education**

**Course Title: PORTS MEDICINE,**  
**PHYSIOTHERAPY AND REHABILITATION**

**Course Code : 21BPE34EA**

**Unit -II**

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## UNIT II

### Meaning of First aid:

First aid is the immediate treatment given to the victim of the accident or sudden illness, before medical help is obtained (Ex **CPR** – **C**ardiopulmonary **R**esuscitation).

# First Aid – Treatment :

- 1. Laceration**
- 2. Blister**
- 3. Contusion**
- 4. Strain**
- 5. Sprain**
- 6. Fracture**
- 7. Dislocation**
- 8. Cramps**

# Band ages:

- A strip of material used mainly support and immobilizes a part of the body.
- Bandaging is the process of covering a wound or injured part using the most appropriate bandage.

## Types of Bandages : Triangular Bandage:

- Triangular bandages could be used on many parts of the body to support and immobilize.



## Crepe Bandage:

- Type of woven gauze which has the quality of stretching.



## **Gauze- / Cotton Bandage:**

- Lightly woven, cotton material. Frequently used to retain dressings on wounds of singers, hands toes, feet, ears, eyes, and head.



## **Adhesive Bandage:**

- Use to retain dressing and also used where applications of pressure to are is needed.





# Meaning of Rehabilitation

**n:**

- Rehabilitation is the restoration of optimal form (anatomy) and function (physiology). Musculoskeletal injuries can have immediate and significant detrimental effects on function.

## **Types of Rehabilitation:**

- 1. Physical Therapy**
- 2. Occupational Therapy**
- 3. Speech Therapy**
- 4. Respiratory therapy**
- 5. Cognitive therapy**
- 6. Vocational Rehabilitation**