

## Joint Immobilization: An Effective Treatment for Joint-Related Injuries

Zhirong Zhang\*

Department of Orthopaedics, Central South University, Changsha, China

### ABOUT THE STUDY

Joint immobilization is a technique used to restrict the movement of a joint, either partially or completely, for a specific period. It is commonly used in the field of medicine, particularly in orthopedics and rehabilitation, to treat various joint-related injuries and conditions. Joint immobilization can be achieved through a variety of methods, including the use of casts, braces, splints, and slings.

### Types of joint immobilization

**Casts:** Casts are the most commonly used method of joint immobilization. They are made of plaster, fiberglass, or other similar materials and are used to hold the injured joint in place. Casts are applied by trained medical professionals and are customized to fit the specific joint that needs to be immobilized. They are typically used to treat fractures, dislocations, and other joint injuries that require complete immobilization. Casts are generally worn for several weeks, depending on the severity of the injury.

**Braces:** Braces are another common type of joint immobilization technique. They are made of a variety of materials, including neoprene, metal, and plastic. Braces are used to support the joint and limit its movement, while still allowing some degree of flexibility. Braces are often used to treat joint injuries that do not require complete immobilization, such as sprains, strains, and minor fractures. They can also be used as a preventative measure to support joints that are prone to injury, such as the knee or ankle.

**Splints:** Splints are similar to casts, but they are generally used to immobilize a joint for a shorter period of time. They are typically made of foam, metal, or plastic and are used to hold the injured joint in place while it heals. Splints are often used to treat minor fractures, sprains, and strains, as well as to immobilize joints that

have been recently dislocated. Splints are generally worn for several days to a week, depending on the severity of the injury.

**Slings:** Slings are used to immobilize the shoulder and arm. They are typically made of fabric and are worn over the neck and around the injured arm. Slings are used to support the arm and limit its movement, while still allowing the patient to perform everyday activities. Slings are often used to treat shoulder injuries, such as dislocations and fractures.

### Uses of joint immobilization

**Treatment of injuries:** Joint immobilization is commonly used to treat joint-related injuries, such as fractures, dislocations, and sprains. Immobilizing the joint helps to prevent further damage and allows the joint to heal properly. It also helps to reduce pain and inflammation in the affected area.

**Rehabilitation:** Joint immobilization is often used as part of the rehabilitation process for joint injuries. After the initial injury has healed, joint immobilization can be used to help the joint regain strength and flexibility. This is particularly important for athletes and people who engage in physical activities that put a lot of stress on their joints.

**Prevention:** Joint immobilization can also be used as a preventative measure to reduce the risk of joint injuries. For example, athletes may wear braces or other supportive devices to protect their joints from injury during physical activities. Similarly, people with joint conditions, such as arthritis, may wear braces to support their joints and reduce the risk of further damage. Joint immobilization is a valuable technique that is used to treat and prevent joint-related injuries and conditions. There are a variety of methods that can be used to immobilize a joint, including casts, braces, splints, and slings. Each method has its own unique advantages and is used to treat different types of injuries.

**Correspondence to:** Zhirong Zhang, Department of Orthopaedics, Central South University, Changsha, China, Email: Zhang17@yahoo.com

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