

Compression

A condition where pressure is exerted on the brain, nerve, spinal cord.....

[Mechanical compression](#)

[Nerve root compression.](#)

A constriction injury, also known as a compression injury, is a type of trauma that occurs when an external force compresses or squeezes a part of the body, leading to tissue damage and potential complications. These injuries can range from mild to severe, depending on the force applied and the duration of the compression. Constriction injuries can affect various parts of the body, including the extremities (arms and legs), fingers, toes, and even internal organs in some cases.

Common causes of constriction injuries include:

Tight clothing or accessories: Wearing extremely tight clothing or accessories like belts, bracelets, or rings can lead to constriction injuries, particularly if they restrict blood flow.

Machinery or equipment accidents: Industrial accidents involving heavy machinery or equipment can result in constriction injuries if body parts become trapped or compressed.

Crush injuries: These occur when a person is trapped between heavy objects, such as in a car accident or a workplace accident involving heavy equipment.

Tourniquets: In some situations, a tourniquet may be applied intentionally to control bleeding during emergencies. However, if applied too tightly or for too long, it can lead to a constriction injury.

The severity of a constriction injury depends on factors such as the amount of pressure applied, the duration of the compression, and the specific tissues involved. Common consequences of constriction injuries include:

Reduced blood flow: Constriction can impede blood circulation, leading to tissue ischemia (lack of oxygen) and potentially tissue death (necrosis).

Nerve damage: Compression of nerves can result in numbness, tingling, or loss of sensation in the affected area.

Swelling and edema: The injured area may become swollen and painful due to the buildup of fluid.

Skin damage: Prolonged constriction can cause skin abrasions, ulcers, or pressure sores.

Muscle and tissue damage: Severe constriction injuries may damage muscles, tendons, and other soft tissues, leading to long-term impairment or disability.

Treatment for constriction injuries typically involves removing the source of compression, assessing the extent of damage, and addressing any complications. Immediate medical attention is crucial to prevent further damage and promote healing. In some cases, surgical intervention may be necessary to repair damaged tissues, restore blood flow, or relieve pressure.

Preventing constriction injuries involves being cautious around heavy machinery and equipment, avoiding excessively tight clothing or accessories, and knowing how to safely apply and release tourniquets when needed in emergency situations.

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