

# Shopping List: Musculoskeletal Injury Response

Every school day brings new adventures—and sometimes, a few bumps, twists, and tumbles along the way. To keep your health office prepared for anything from playground sprains to gym class strains, we've created this musculoskeletal injury shopping list. Organized by category, it's your go-to guide for stocking up on the essentials, so you can keep students moving, learning, and thriving—no matter what comes their way!



## IMMOBILIZATION AND SUPPORT

- Splints (assorted types for fingers, wrists, arms, legs) \_\_\_\_\_
- Slings \_\_\_\_\_
- Elastic wraps \_\_\_\_\_
- Self-adhesive wraps \_\_\_\_\_
- Cast protectors \_\_\_\_\_



## COLD AND HEAT THERAPY

- Instant cold/hot packs \_\_\_\_\_
- Reusable cold/hot packs \_\_\_\_\_



## WOUND AND BANDAGE CARE

- Assorted bandages \_\_\_\_\_
- Gauze and dressings \_\_\_\_\_
- Tape \_\_\_\_\_
- Wound closure strips \_\_\_\_\_
- Scissors and tape cutters \_\_\_\_\_



## PAIN AND INFLAMMATION RELIEF\*

- Acetaminophen \_\_\_\_\_
- NSAIDs \_\_\_\_\_
- Topical analgesics or muscle rubs \_\_\_\_\_

*\*Per school policy*



## ASSISTIVE DEVICES

- Wheelchairs/Transfer chair \_\_\_\_\_
- Crutches \_\_\_\_\_
- Transfer stretcher \_\_\_\_\_



## MISCELLANEOUS

- Penlight \_\_\_\_\_
- Treatment table \_\_\_\_\_
- Pillows or cushions (for comfort and positioning) \_\_\_\_\_
- Percussion hammer & tuning fork \_\_\_\_\_