

What Is A Fracture?

A fracture is also known as a broken bone. Fractures occur most commonly due to an injury, but can be caused by a weakening of the bones due to a condition like osteoporosis. In general, you will know immediately if you have fractured a bone. The affected area will usually be swollen and extremely painful, the affected limb may appear abnormal, and in severe cases, the fractured bone can puncture the skin. If there is any question regarding the diagnosis of a fracture, an x-ray can be used to verify the fracture along with the location and severity. Fractures can range in severity and type, and can involve a fully broken, partially broken, or shattered bone.

What Is The Treatment For A Fracture?

Fractures can be treated using both internal and external methods. The type of treatment will be determined by the type, severity, and location of the fracture. Simple, basic fractures can be treated externally through casting, bracing, or splinting the affected area. Complicated fractures, including fractures of the hip, generally are treated internally through surgery. Metal pins, rods, plates, and screws can be surgically put in place to stabilize the fracture while it heals.

What Can I Expect After A Fracture?

As the fracture heals and stabilizes, the pain will subside. Your Arizona Bone and Joint Specialists orthopedic surgeon will give you instructions on your limitations due to your fracture. Physical therapy and rehabilitation may be prescribed to help strengthen the bone and supporting muscles. It is important to carefully follow your surgeon's instructions regarding your activity levels. Normal activities are typically resumed two to four weeks after your cast has been removed.

