

# Fracture

## What is it?

- **Fracture** – a medical condition in which there is a break in the bone or a broken bone



- **Closed Fracture**- the skin is intact
- **Open Fractures**- involve wounds with the fracture, exposes bone to contamination, carrier a higher risk for infection, requires antibiotic treatment along with debridement (the removal of all contamination, dirt, and dead tissue)
- **Simple Fractures**- occur along one line splitting the bone into two pieces
- **Comminuted or Multi-Fragmentary Fractures**- the bone splits into multiple pieces



## Signs and Symptoms:

- **Symptoms**- very painful, edema (retention of fluid/swelling with pressure pain), muscle spasms, bruising, bleeding, numbness, tingling, limited mobility or inability to move the limb

## Recommendations:

- **Avoid**- i

## Facts:

- **Fractures**- are usually the result of a high force impact or stress, may be a result of a medical condition as osteoporosis, certain types of cancer, or osteogenesis imperfecta
- **Average Person**- has two during a lifetime



## What can I do?

- **See your Health Care Provider**- as soon as possible, some fractures can be dangerous if not treated promptly, possible complications include damage to the blood vessels or nerves and infection to the bone(osteomyelitis) and surrounding tissue
- **See a Registered Dietitian**- for help as needed

