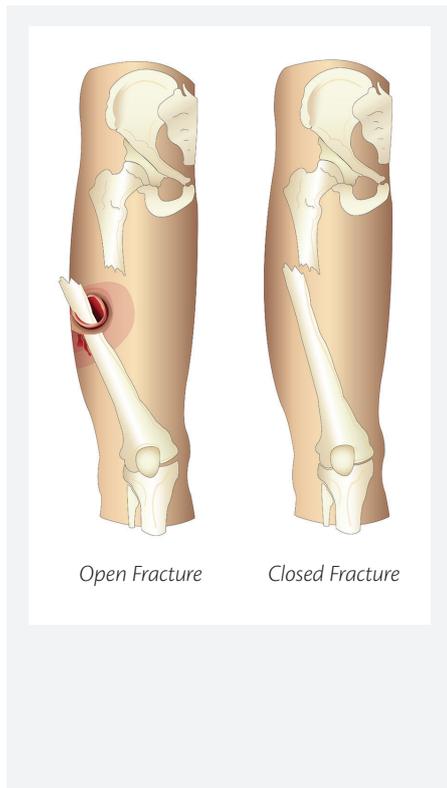


Bone Fractures



+ Rehab + Pilates + Physio + Injury Prevention + Gym





About the conditions

A broken or fractured bone occurs when a force exerted on the bone is stronger than the bone itself. This leaves a gap (fracture) between the bones. Over time, the body repairs the gap by building new bone cells in the area. This takes roughly 3-6 weeks in the upper limb and 6-12 weeks in the lower limb and spine, although can vary for a number of reasons. A remodeling process also then carries on for some time after the initial healing. If the fracture ends are so displaced that the body is unlikely to bridge the gap between the two ends, then an orthopaedic surgeon may choose to manipulate the bones or opt for a surgery to ensure a good alignment.

Causes:

- Trauma – accidents, fall etc.
- Osteoporosis
- Overuse – stress fractures in athletes

Symptoms:

- Immediate swelling associated with bruising.
- Severe pain and unable to weight bear on the affected part, inability to move the affected part.
- Muscle spasm and cramping.

How we can help your rehabilitation once fracture has healed:

- Use manual therapy to restore movement at the stiff joints (caused by immobilisation such as casts) near the fracture.
- Progress specific exercises to strengthen the part affected by the fracture.
- Teach you specific stretches to relax the tightened muscles.
- Use hydrotherapy in the early stages of rehabilitation and progress to the gym.
- Return you to doing your daily and sporting activities progressively.
- Teach a falls prevention exercise programme if needed
- Advise on a programme to manage Osteoporosis if required.

Your local Active+ clinic:

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