



Fractures

There are many types of fractures (broken bones), with different degrees of severity. A fracture does not necessarily mean that the bone was broken all the way through. In the case of a stress fracture a crack in the bone has developed over time due to repetitive stress.

When a part of the body is immobilized to protect a fracture site (i.e. when casted) the joint and muscles lose their ability temporarily to function properly. You will have lost some of your range of motion- the amount the joint can move, and the muscles will be weakened.

Therapy will focus on regaining the range of motion and strength in the area. At the same time, inflammation and soft tissue injuries (such as the scar) will be addressed. Stretches and strengthening may both be prescribed as part of the treatment plan.

The therapeutic modalities commonly used include:

Ultrasound: uses sound waves and may be used to decrease scar tissue, increase blood flow, or decrease pain.

Interferential Current: uses electrical current to decrease pain, can also be used to elicit muscle contraction and decrease swelling.

Acupuncture: uses small, solid needles to encourage healing, reduce pain, and improve function of affected areas of the body.

What can you do at home?

Rest: by decreasing your activity you allow your body a chance to heal itself. When you start to feel better it is important to ease back into activities which might be aggravating. Listen to your body - pain means that you have done too much.

Ice: ice decreases the metabolism of your cells so that they do not die despite a decrease in oxygen to the injured area. Ice should be kept on for approximately 15 minutes, several times a day. The injured area should be elevated (above the level of your heart) at the same time. Use a wet towel between the ice and your skin to protect against frostbite. You can use frozen veggies, cold packs, or real ice