

FRACTURE SAFETY

A PARENT'S GUIDE TO SIGNS, SYMPTOMS, TREATMENT & PREVENTION

If more pressure is put on a bone than it can stand, it will split or break. A break of any size is called a fracture. If the broken bone punctures the skin, it is called an open fracture (compound fracture).

A stress fracture is a hairline crack in the bone that develops because of repeated or prolonged forces against the bone. It is hard to tell a dislocated bone from a broken bone. However, both are emergency situations, and the basic first aid steps are the same.



CAUSES

Common causes of broken bones:

- Fall from a height
- Impact from a direct blow
- Cycling and vehicle accidents
- Repetitive forces, such as those caused by running and basketball, can cause stress fractures of the foot, ankle, tibia or hip.

SYMPTOMS

- A visibly out-of-place or malaligned limb or joint
- Swelling, bruising, or bleeding
- Intense pain
- Numbness and tingling
- Broken skin with a bone protruding
- Limited mobility or inability to move a limb

FIRST AID

- Check the person's airway and breathing. If necessary, call 911 and begin CPR or bleeding control.
- Keep the person still and calm.
- Examine the person closely for other injuries.
- In most cases, if medical help responds quickly, allow the personnel to take further action.
- If the skin is broken, it should be treated immediately to prevent infection. Don't breathe on the wound or probe it. Lightly rinse the wound to remove visible dirt or contamination, but do not vigorously scrub or flush the wound. Cover with sterile dressing.
- If needed, immobilize the broken bone with a splint or sling. Possible splints include a rolled up newspaper or strips of wood. Immobilize the joint both above and below the injured bone.
- Apply ice packs to reduce pain and swelling.

FRACTURE SAFETY (CONT.)

- Take steps to prevent shock. Lay the person flat, elevate the feet about 12 inches above the head, and cover the person with a coat or blanket.

DO NOT move the person if a head, neck, hip, pelvis or back injury is suspected. **DO NOT** attempt to reposition a bone unless blood circulation appears hampered.



WHEN TO CONTACT A MEDICAL PROFESSIONAL

Call 911 If:

- The suspected broken bone is in the head, neck, back, hip, pelvis, or upper leg.
- You cannot completely immobilize the injury at the scene by yourself.
- There is severe bleeding.
- An area below the injured joint is pale, cold, clammy, or blue.
- There is a bone projecting through the skin.

Other broken bones may not be medical emergencies, but they still deserve medical attention. Contact your health care provider.

SSM HEALTH CARDINAL GLENNON SPORTSCARE

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes. By working with multiple specialists and care partners, we guarantee your child will get the top care that is best suited to treat their unique injury, improving recovery time and outcome.

Specialists your child has access to through SSM Health Cardinal Glennon SportsCare include orthopedists, pulmonologists, cardiologists, radiologists, neurologists, emergency medicine physicians, adolescent medicine physicians, rehabilitation specialists, physical therapists, nutritionists and pediatric psychologists.

Partners your child has access to through SSM Health Cardinal Glennon SportsCare include SSM Health Cardinal Glennon Children's Hospital, SSM Health

Orthopedics, SSM Physical Therapy and SLUCare Physician Group of Saint Louis University. We also keep kids in the game through educational programs and support for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call us at **314-577-5640** or visit us at cardinalglennon.com/sportscare.

Expert care for young athletes by SSM Health Cardinal Glennon Children's Hospital and SSM Health emergency medicine specialists, **24 hours a day in the ER** at: SSM Health DePaul Hospital, SSM Health St. Clare Hospital, SSM Health St. Joseph Hospital - Lake Saint Louis, SSM Health St. Joseph Hospital - St. Charles.



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