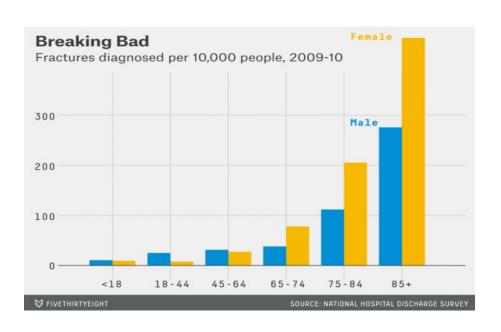
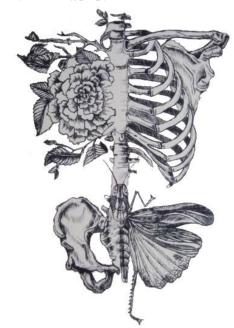


WHO IT AFFECTS?



- THE MAJORITY OF PEOPLE WHO ARE **PASSIVE** AND EXPERIENCES BONE FRACTURES ARE **ELDERLY PEOPLE**.
- ALTHOUGH PEOPLE WHO ARE **ACTIVE** AND EXPERIENCES BONE FRACTURES ARE MAINLY **ATHLETES**.





CAUSES



- WHEN **EXCESSIVE** AMOUNT OF **FORCE** IS **ADDED UPON BONE**, EVEN THOUGH BONES ARE ABLE TO HOLD TENSIONS AND PRESSURES, THEY CAN ONLY WITHSTAND AT SOME POINT UNTIL **THEY CRACK, SHATTER OR EVEN BREAK**.
- **COMMON SITUATIONS** WHERE BONES FRACTURE:
 - FALLING FROM HIGH PLACES.
 - FALLING ON ICE
 - FALLING ON UNSAFE/UNEVEN SURFACES
 - FORCE ACTING UPON THE LIMB IN ABNORMAL DIRECTIONS
 - OVERUSING

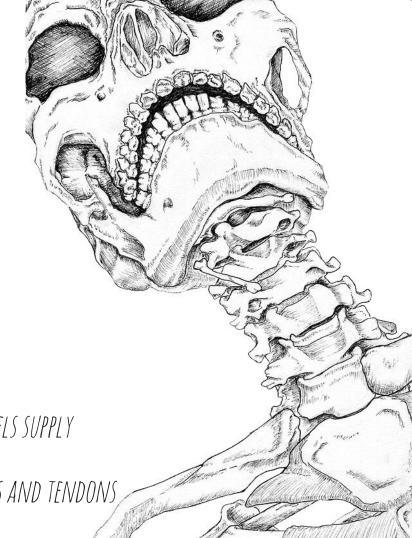


EFFECTS

- EXCESSIVE BLEEDING
- INFECTION
- NEUROVASCULAR INJURY*
- SOFT TISSUE TRAUMA**

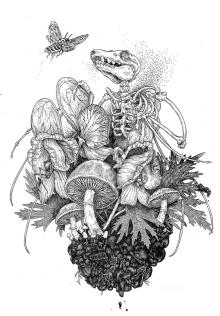


** SOFT TISSUE TRAUMA -> THE DAMAGE OF MUSCLES, LIGAMENTS AND TENDONS



SYMPTOMS

- PAIN -> GETS WORSE WHEN THE AREA IS MOVED OR PRESSURE IS APPLIED.
- SWELLING -> ABNORMALLY GROWING MUSCLE SURFACE FOR A SHORT PERIOD OF TIME.
- BRUISE -> THE CHANGE IN COLOUR OF THE SKIN
- ANGULATION -> BENDING OF THE BONE AT THE WRONG AND ABNORMAL POSITION.
- DEFORMITY -> LOOKING OUT OF PLACE FROM THE ORIGINAL FORM
- NUMB -> NOT FEELING



Types of fracture

- SIMPLE FRACTURE -> BONE BREAKS INTO TWO PIECES.
- OPEN OR COMPOUND FRACTURE -> A PIECE OF BONE PROTRUDES THROUGH YOUR SKIN OR IF THE FORCE OF THE INJURY BREAKS THE SKIN.
- CLOSED FRACTURE -> BONE BREAKS, BUT THE SKIN IS INTACT.

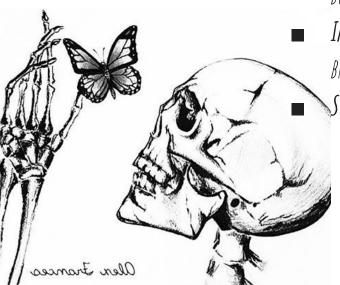
• SPIRAL FRACTURE -> THE BREAK SPIRALS AROUND THE BONE. THIS CAN HAPPEN IF SOMETHING TWISTS THE BONE.

• COMPRESSION FRACTURE -> BONE IS CRUSHED

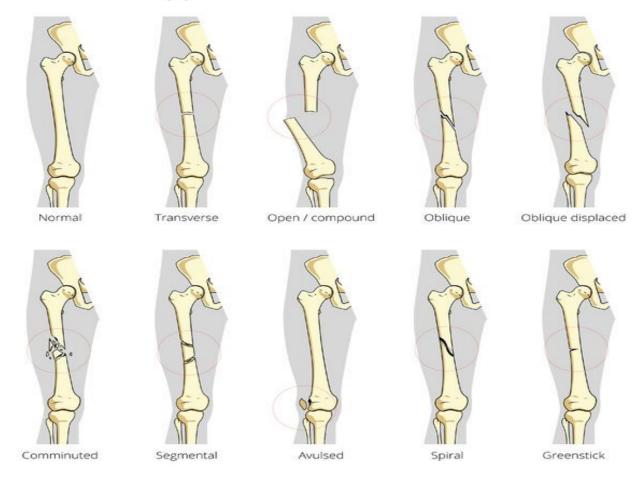


- GREENSTICK FRACTURE -> HAPPENS IN CHILDREN. IT'S WHEN A BREAK OCCURS ON ONE SIDE OF THE BONE, AND THE OTHER SIDE BENDS IN RESPONSE TO THE PRESSURE.
- COMMINUTED FRACTURE -> AN INJURY CAUSES BONE TO SHATTER INTO AT LEAST THREE BONE FRAGMENTS.
- TRANSVERSE FRACTURE -> BREAK OCCURS ACROSS THE SHORTER PART OF YOUR BONE, RATHER THAN DOWN THE LENGTH.
 - **AVULSION FRACTURE** -> AN INJURY CAUSES THE TENDON OR LIGAMENT ATTACHED TO THE BONE TO PULL OFF A PIECE OF THE BONE.
 - IMPACTED FRACTURE -> FORCE PRESSES AGAINST BOTH ENDS OF THE BONE, PUSHING THE BROKEN ENDS TOGETHER.

STRESS FRACTURE -> OVERUSE OR REPETITIVE MOTION CAUSES A SMALL CRACK IN THE BONE.



Types of Bone fractures



PREVENTION OF FRACTURE

- PROPER DIET AND EXERCISE.
- A DIET **RICH IN CALCIUM AND VITAMIN D** WILL PROMOTE BONE STRENGTH.
- WEIGHT BEARING EXERCISE ALSO HELP KEEP BONE STRONG.
- ASK ABOUT MEDICATIONS TO SLOW BONE LOSS TO REDUCE FRACTURE RISK.



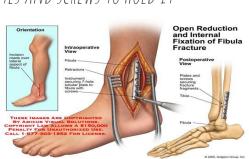


TREATMENT

- FIRST AID
 - **APPLY ICE** TO THE INJURY **and elevate the injured area** to reduce swelling.
 - GENTLY CLEAN THE WOUND WITH SOAP AND WATER TO PREVENT BACTERIA FROM ENTERING.
 - O COVER THE WOUND WITH BANDAGE.
- SURGERY
 - THE DOCTOR **MAY IDENTIFY THE TYPE** OF FRACTURE **AND ALIGN THE BONE BEFORE THE SURGERY** IS HELD.
 - MANY FRACTURES AND COMPOUNDS REQUIRE SURGERY. YOUR DOCTOR MIGHT OUT PINS, PLATES AND SCREWS TO HOLD IT

TOGETHER WHILE IT HEALS.





SUMMARY

HTTPS://INFOGRAPH.VENNGAGE.COM/PUBLISH/403F016D-B421-4417-AB0B-712DFA5B9604

THANK YOU FOR LISTENING < 3

MADE BY:

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MILLY THE RABBIT
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