

Fractures

Baylor SportsCare

We'll give you a healthy advantage.

Baylor SportsCare provides the winning combination of education, prevention, medical coverage and sports medicine for athletes of all ages.

- Access Baylor Health Care System specialized sports medicine physicians* and services throughout the Metroplex
- Medical coverage at games and events utilizing physicians, nurses and licensed athletic trainers
- Educational programs on injury prevention & performance enhancement
- Comprehensive medical support for groups, teams and individuals

For more information about SportsCare, or for help in finding a physician who is right for you, contact your local SportsCare representative at

(972) 512-7404

or call **1-800-4BAYLOR** and ask for "Baylor SportsCare"

*Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center or Baylor Health Care System. CE 12.07

Definition

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 mal aligned 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

1. Check the person's airway and breathing. If necessary, call 911 and begin CPR or bleeding control
2. Keep the person still and clam
3. Examine the person closely for other injuries
4. In most cases, if medical help responds quickly, allow the personnel to take further action
5. 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.
6. 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.
7. Apply ice packs to reduce pain and swelling.
8. 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.
9. 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, they still deserve medical attention. Contact your health care provider.



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