



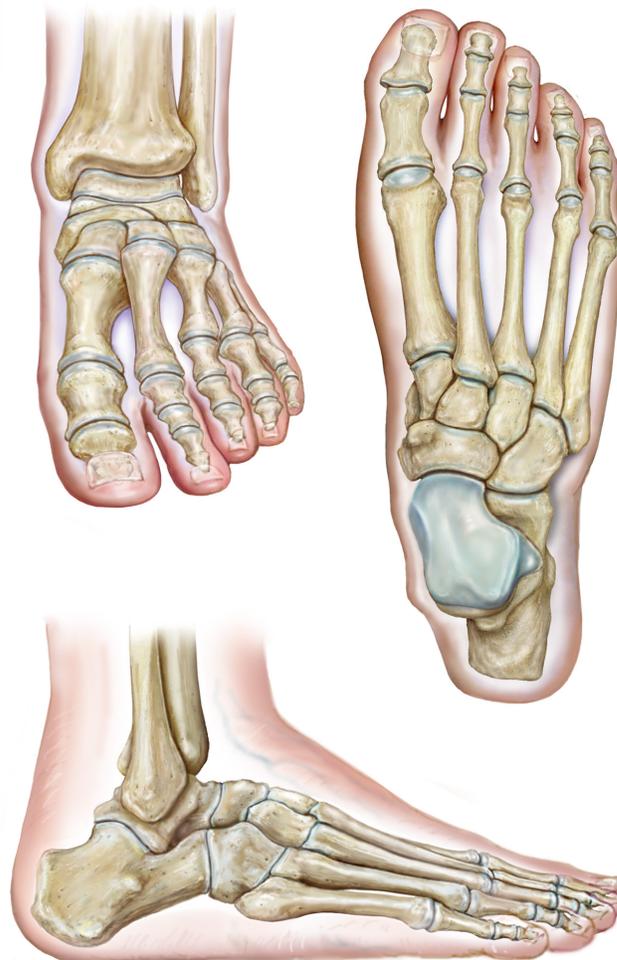
FOOT AND ANKLE FRACTURES

*Understand your condition.
Know your next steps.*

What causes a fracture?

A fracture results when the bone is placed under more stress than it can handle. This stress can be acute or chronic. An example of an acute stress is a fall or sudden twisting injury that loads the bone with an excessive force. Stress fractures are caused by excessive chronic stresses placed on bone and result from high-impact, repetitive activities such as running.

There are many different kinds of foot and ankle fractures. Any bone in the foot or ankle can be fractured. The fracture type and severity depend on numerous factors, including mechanism of injury and age. Your specialist can discuss your type of fracture with you in more detail. Feel free to use the “notes” section within this brochure to document these details.



FOOT AND ANKLE FRACTURES

How did my specialist diagnose it?

X-rays are crucial to diagnosing any fracture. Your specialist can correlate the X-rays with your mechanism of injury and physical examination to accurately diagnose your injury. In specific cases, a CT scan or MRI is necessary to give your specialist a better understanding of your injury.

Nonsurgical treatment

Not all fractures require surgery. Some may allow for immediate weight bearing in a boot or special shoe, while others may require a period of non-weight bearing to allow the bones to heal properly.

Surgical treatment

For certain cases, surgery may be the best option to repair a fracture. The most common surgical techniques include:

ORIF: Open Reduction Internal Fixation is a technique where your specialist can, through an incision, place a plate and/or screws to support the fracture. The size of the plate and the number of screws used depends on the size and severity of the fracture. After surgery, you will be placed in a splint that is to be worn until you see your specialist at the first postoperative visit.

Pins: In certain situations, your specialist may elect to pin the bones together while they heal. Often the pins are percutaneous and will stick out of the skin. While the pins are in, it is very important that you follow the wound care instructions provided by your specialist. The pins need to stay clean and dry to minimize the risk of infection.

MY TYPE OF FRACTURE

For expert advice on how to stay healthy and active, visit summitortho.com.

APPOINTMENTS (651) 968-5201

What does my specialist recommend?

Your foot and ankle specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	MEDICATIONS	Over-the-counter medications may be enough for many fractures treated nonsurgically. Severe injuries or fractures requiring surgery may require prescription opioid pain medications, but it is important to wean from these medications when able due to their potential addictive effect.	Pick up medication and start taking it regularly as your specialist recommends.
<input type="checkbox"/>	SPLINT AND CAST CARE	Keep your splint or cast clean and dry. Do not put anything in your cast.	Care for your cast or splint per your specialist's instructions.
<input type="checkbox"/>	WEIGHT-BEARING RESTRICTIONS	All fractures are different. Some can be walked on right away, while others may require prolonged non-weight bearing in order to heal correctly.	Modify activities per your specialist's instructions.
<input type="checkbox"/>	WELLNESS	Overall health can strongly aid in fracture recovery. Good nutritional habits and a healthy lifestyle may make your recovery process smoother.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/>	PHYSICAL THERAPY	Many patients find physical therapy helpful following a fracture as they work on regaining strength, motion, and progressing back to their normal life.	Set up a physical therapy appointment (651) 968-5200
<input type="checkbox"/>	ACTIVITY MODIFICATION	As you recover, you might find certain activities aggravate your condition. You may need to discontinue those activities for a period of time.	Contact us if symptoms do not improve (651) 968-5201

