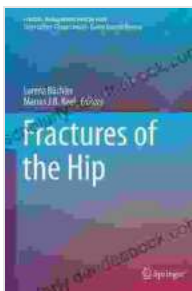


Fractures of the Hip: Joint-by-Joint Fracture Management

Fractures of the hip are a common injury, especially in older adults. They can be caused by a variety of factors, including falls, motor vehicle accidents, and sports injuries. Hip fractures can be very painful and can significantly impact a person's mobility and quality of life.

There are a variety of different types of hip fractures, each with its own unique treatment plan. The type of treatment will depend on the severity of the fracture, the patient's age and overall health, and the patient's activity level.



Fractures of the Hip (Fracture Management Joint by Joint) by Vickii Engel Thomas

★★★★★ 5 out of 5
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Text-to-Speech : Enabled
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Enhanced typesetting : Enabled
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Types of Hip Fractures

Hip fractures can be classified into two main types: intracapsular and extracapsular.

- **Intracapsular fractures** occur within the hip joint capsule. These fractures are typically caused by high-energy trauma, such as a fall from a height or a motor vehicle accident.
- **Extracapsular fractures** occur outside of the hip joint capsule. These fractures are typically caused by lower-energy trauma, such as a fall from standing or a sports injury.

Hip fractures can also be further classified by the specific bone that is fractured. The most common types of hip fractures include:

- **Femoral neck fractures** occur in the narrow part of the femur (thigh bone) that connects to the hip joint.
- **Intertrochanteric fractures** occur in the wider part of the femur just below the femoral neck.
- **Subtrochanteric fractures** occur in the shaft of the femur just below the greater trochanter (the large bump at the top of the femur).
- **Acetabular fractures** occur in the acetabulum (the socket of the hip joint).

Symptoms of Hip Fractures

The symptoms of a hip fracture can vary depending on the severity of the fracture. However, some common symptoms include:

- Pain in the hip, groin, or thigh
- Swelling and bruising around the hip
- Difficulty walking or standing

- Shortening of the injured leg
- Deformity of the hip

If you experience any of these symptoms, it is important to seek medical attention immediately.

Diagnosis of Hip Fractures

Hip fractures are typically diagnosed based on a physical examination and X-rays. In some cases, an MRI or CT scan may be necessary to get a better view of the fracture.

Treatment of Hip Fractures

The treatment of a hip fracture will depend on the type of fracture, the patient's age and overall health, and the patient's activity level. Treatment options may include:

- **Non-surgical treatment** is typically used for stable fractures that are not displaced. Treatment may include pain medication, crutches, and physical therapy.
- **Surgical treatment** is typically used for unstable fractures or fractures that are displaced. Surgery may involve repairing the fracture with screws, plates, or rods.

Recovery from Hip Fractures

The recovery time from a hip fracture can vary depending on the severity of the fracture and the patient's overall health. In general, most patients will need to use crutches or a walker for several weeks after surgery. Physical

therapy will also be necessary to help restore range of motion and strength to the hip.

Most patients will be able to return to their normal activities within a few months after surgery. However, some patients may experience long-term pain or stiffness in the hip.

Preventing Hip Fractures

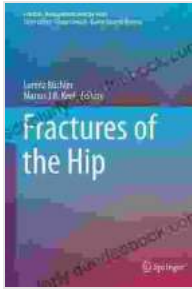
There are a number of things you can do to help prevent hip fractures, including:

- **Get regular exercise.** Exercise helps to strengthen bones and muscles, which can help to reduce your risk of falling.
- **Eat a healthy diet.** A healthy diet that is rich in calcium and vitamin D can help to keep bones strong.
- **Avoid smoking.** Smoking can weaken bones.
- **Limit alcohol intake.** Excessive alcohol intake can increase your risk of falling.
- **Get regular eye exams.** Poor vision can increase your risk of falling.
- **Make your home safe.** Remove tripping hazards and install grab bars in the bathroom.

By following these tips, you can help to reduce your risk of hip fractures and maintain your mobility and independence as you age.

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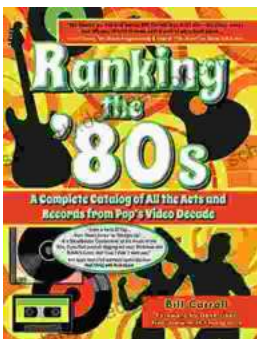


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