

# Fractures

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## Diagnosis: Fracture

A fracture is a break in a bone, which can vary in severity from a small crack (hairline fracture) to a complete break that may require immobilization or surgery. Treatment depends on the location and type of fracture, ranging from casting and splinting to surgical fixation with plates or screws. Healing typically takes 6-12 weeks, depending on the severity and bone involved.

## Specific Work Modifications for Your Job:

- Avoid heavy lifting, pushing, or pulling.
- Minimize repetitive motions that stress the affected limb.
- If standing for long hours, take frequent breaks to avoid fatigue.
- If your job involves typing or manual work, use ergonomic supports.
- Consider temporary job modifications, such as light-duty tasks or remote work if applicable.

## Specific Activity Modifications for Your Activities:

- Avoid high-impact activities that stress the injured area (e.g., running, jumping, or lifting weights).
- Modify sports or fitness routines to focus on non-weight-bearing exercises (e.g., swimming, stationary cycling).
- If playing an instrument, gaming, or other hand-intensive activities, take frequent breaks and use proper ergonomics.

## Recommended Supplements:

- **Calcium (1000-1200 mg/day)** - Supports bone healing.
- **Vitamin D3 (800-2000 IU/day)** - Enhances calcium absorption.
- **Collagen Peptides (5-10g/day)** - May aid in bone and joint repair.
- **Magnesium (300-400 mg/day)** - Supports bone metabolism.

## Recommended Nutrition and Hydration:

- **Eat high-protein foods** (lean meats, eggs, beans) to support tissue repair.
- **Increase calcium-rich foods** (dairy, leafy greens, almonds).
- **Include omega-3 fatty acids** (salmon, walnuts, flaxseeds) to reduce inflammation.
- **Stay hydrated** - Aim for **at least 2-3 liters of water daily**, as dehydration can slow healing.

## Home Exercise Prescription:

- **General mobility exercises:** Maintain movement in uninjured joints to prevent stiffness.
- **Isometric exercises:** If cleared, practice gentle muscle contractions without moving the affected limb.
- **Non-weight-bearing cardio:** Seated or recumbent biking may be an option.
- **Stretching:** Keep surrounding muscles flexible (e.g., hamstring or shoulder stretches depending on location).
- **Hand/Wrist Fractures:** Finger range-of-motion exercises if allowed.
- **Leg Fractures:** Seated leg raises or ankle pumps to improve circulation.

### **Helpful Books:**

1. Strong Bones Forever by Dr. John Neustadt - Covers bone health and healing.
2. Framework for the Knee (or other joint-specific books by Nicholas A. DiNubile, MD) - Great for rehab guidance.

***Contact our clinic or return and ask for Dr. Jason if you have any questions.***