

# Fractures

## **Definition:**

Bone fracture is a break or crack rupture in the bone

It can be the result of an external blow or the result of a medical condition that weakens the bones.

It is not easy to differentiate among bone, joint or muscle damages; therefore, we should treat the injury as a broken bone.

## **Treatment:**

### **If you suspect a broken bone:**

- Support the extremities.
- Keep the injured person in his/her initial position.
- Protect and support the injury by using blankets, clothes or anything available.
- Evaluate the severity and the site of the injury or wound.
- In case of arm injury, you may be able to drive him/her yourself to the nearest hospital. If you think there is a leg, spine or neck injury, you should ask for help by calling the Red Cross 140.
- Search for signs of shock like pale color, cold and blue skin, tachycardia, fast respiration, gasping or cold sweating, you should lay the injured person down and elevate his/her legs. Make sure you keep him/her warm at all times.
- Call for medical help.