Fractures: In Short

Fracture or bone fracture is when your bone suffers a break. This compromises the bone functioning and ability.

Bone tissue is a hard structure that can withstand a good amount of pressure. A fracture happens from a forceful impact that is well beyond the strength of your bone.

Fracture symptoms can range in severity from being mild to an excruciating pain with an inability to move the injured part of your body.

Fractures are of many types such as a compound fracture that results in a dislocated bone.

Effective First Aid Measures for Fractures
Stop the Bleeding

Without exerting unnecessary pressure, place a sterile bandage or a clean piece of cloth on the part of injury.

Rest the injured area

If you are not professionally trained, do not try to move or realign any broken bone. Try to make the patient stay calm, if writhing in pain.
Until medical help arrives

If ice is available, wrap it in a soft material and apply on the affected part. Do not apply ice directly on the skin.

Fractures are very sensitive to even mild touch. If you suspect a dislocated bone due to injury, please follow the above instructions until professional help arrives.

Sometimes, victims may go into shock following serious fractures and first aid may not suffice. Call for medical help immediately.

If the victim has suffered a trauma and appears faint, or has trouble breathing, lay the person with the head at a lower elevation than the trunk. If it does not cause discomfort, elevate the legs.

Call for Emergency Help Immediately If:

- If you suspect a major fracture such as a broken back, neck, hip, leg or arm, call emergency service
- The victim is bleeding heavily due to injury
- Any part of the body appears deformed due to trauma or accident
- The patient experiences pain even to normal touch
- If there is no response to verbal instruction or the victim is unable to move
- If breathing appears to have stopped, start oral resuscitation

In trying to move the person, you may cause further injury and complications. But while waiting for medical help, measures like first aid for fractures can give some relief to the victim.