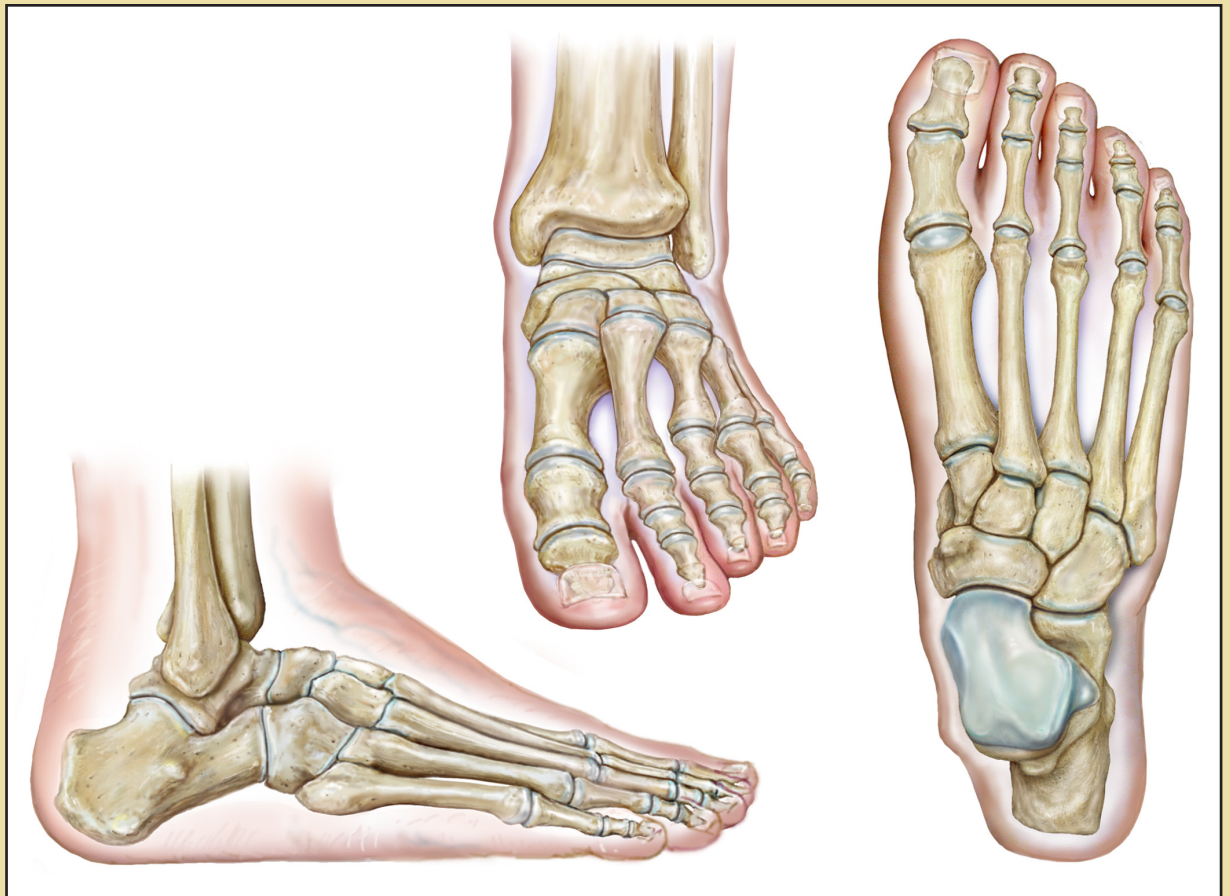


Foot & Ankle Fractures

Causes of Fractures

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 and/or ankle can be fractured. The fracture type and severity depends on numerous factors including mechanism of injury and age. Your doctor 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.



My Type of Fracture: _____

CLINIC LOCATIONS

Columbia Heights
Eagan
Forest Lake
Downtown St. Paul
Hastings
Maplewood
Vadnais Heights
Woodbury - Allina
Woodwinds
Health Campus

CONTACT INFORMATION

Main Line
(651) 842-5200

Appointment Line
(651) 842-5201

Online at:
summitortho.com



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Diagnosis

X-rays are crucial to diagnosing any fracture. Your doctor can correlate the x-rays with your mechanism of injury and physical examination to accurately diagnosis your injury. In specific cases a Computer Tomography (CT) scan or Magnetic Resonance Imaging (MRI) scan is necessary to give your physician a better understanding of your injury.

Treatment

The severity of the fracture will determine the most appropriate course of treatment.

- **Cast:** A cast can be very effective at immobilizing the ankle and foot. The hard portion of the cast is composed of fiberglass and once applied requires a special tool to remove. It is imperative that the cast is properly cared for. This includes not getting the cast wet and not putting anything inside the cast (including a ruler or coat hanger) to scratch the skin. If the cast does itch, use a can of compressed air (similar to what you would use to clean off a keyboard) to blow air through the cast and against the skin.

A shower bag can be provided to you so that the cast doesn't get wet when bathing. If the cast does get wet, you need to contact your physician's office and schedule an appointment to have a new cast applied.

Surgery: In certain cases, surgery may be the best option to repair the fracture. The following is a brief description of the most common surgical techniques.

- **ORIF:** Open Reduction Internal Fixation is a technique where your Orthopedic Surgeon 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 doctor at the first post-operative visit.
- **Pins:** In certain cases, your doctor may elect to pin the bones together while they heal. In many cases the pins are percutaneous and will stick out of the skin. It is very important that while the pins are in, you follow the wound care instructions provided by your doctor. The pins need to stay clean and dry to minimize the risk of infection.

Fractures typically heal in one to two months. This varies according to location and severity of the fracture. Together with your Orthopedic Surgeon, you can determine a treatment plan that is most appropriate for your injury and situation.

NOTES:



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