

## Fractures

### What are fractures?

This is where the bone is broken.

A break / fracture / crack in the bone are all the same thing.



### Investigations.

Most fractures are obvious and you will have gone straight to the Emergency Department and had an X-ray.

Some fractures, especially in younger people, are less obvious and the X-ray may look normal. They have a similar story of a twisting or backward bending injury as an [Anterior Cruciate Ligament \(ACL\)](#) injury. These types of fractures are only found when the MRI Scan (Magnetic Resonance Imaging Scan) is looked at.

### Treatment

Mr Raj will discuss the options with you at your consultation, as every patient has unique circumstances and individual needs.

In general the bones require putting back in the right place and holding there while the body heals.

This may require an operation to put them back in the right place and then some plates and screws to hold them in position.

Plaster casts are avoided if at all possible to allow the knee joint to keep moving.

Fractures around the knee usually require 3 or 4 months to heal fully. Mr Raj will advise you about what you can and cannot do during this time depending upon how bad the fracture is.