

## **FRACTURES**

Fractures are broken bones. Physiotherapists are involved in the rehabilitation thereof by performing and making use of:

### Muscle assessment:

The muscles surrounding the injury site weaken. A safe exercise program is developed to restore strength.

### Joint mobilisation:

Stiffness of joints occurs when a limb does not move for a long period of time. Certain exercises are prescribed to improve and restore range of movement of the surrounding muscles once the fracture has healed.

### Heat and Electrotherapy:

This is a useful technique used to treat muscle stiffness due to immobilisation as well as to relieve pain and restore muscle strength.

### Gait education:

If your fracture requires the use of crutches or a brace, the most appropriate equipment will be advised on and the best way of movement prescribed that promotes optimal healing and safety.