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Ans :1

1. Shoulder :

#  The shoulder is a group of sturctures in the region of the joint. The shoulder joint is the main joint of the shoulder . It is a ball and socket joint that allows the arm to rotate in a circular fashion or to hinge out up away from the body .

Types of Shoulder Fracture :

# Shoulder Fracture involve at least one of three bones in the shoulder .

# The scapula ( shoulder blade )

# Clavicle ( collarbone)

# Humerus ( upper arm bone )

# All three types of fractures can cause shoulder pain , swelling , tenderness and limit the shoulder range of motion , but there are also significant differences .

Shoulder Fracture :

# The scapula is a flat triangular bone located in the upper back. It provides the primary connection between the chest and the arm . Scapula fracture are rare , accounting for less than 1% of all fractures and only 3% to 5% of fractures of the shoulder .

# They are most commonly seen in men between 25 to 45 years of age .

Clavicle fracture :

# A clavicle fracture is a break in the collerbone , one of the main bones in the shoulder. This type of fracture is fairly common\_ accounting for about 5% of all adult fractures . Most clavicle fracture occurs , when a fall on to the shoulder or an outstretched arm puts enough pressure on the bone that it snaps or breaks . A broken collarbone can be very painful and can make it hard to move your arm .

# Most clavicle fracture can be treated by wearing a sling to keep the arm and shoulder from moving while the bone heals . With some clavicle fracture, however the pieces of bone move far out of place when the injury occurs . For these more complicated fractures , surgery may be needed to realign the collarbone .

Proximal Humerus Fracture :

# The humerus is the long bone that runs from the elbow to the shoulder .a proximal humerus fracture is a fracture to top of the humerus bone , either at or just below the humerus head . The humeral head is often referred to as the ball that rests in shoulder socket .

# Proximal Humerus Fractures are common . They can occur at any age but the risk increase with the age and osteoporosis .

# There are two types of Hummers fracture :

# A humeral shaft fracture :

#  Affects the middle portion of the humerus bone .

# A distal humerus fracture :

#  Affects the bottom end of the humerus , near the elbow joint .

Wrist Fracture :

# A wrist fracture is a medical term for a broken wrist . The wrist is made up of eight small bones which connect with the two long forearm bones called the radius and ulna . Although a broken wrist can happen in any of these 10 bones by far the most common bone to break is the radius .

Types of wrist fracture :

# Colle's fracture ( distal radius with dorsal displacement of fragments .)

# Smith’s fracture ( distal radius with volar displacement of fragments .)

# Scaphoid fracture .

# Barton’s fracture ( fracture dislocation of the radio carpal join .)

# Chauffeur's fracture ( fracture of the radial styloid .)

Elbow Fracture :

# An olecranon is a break in the bony “tip” of the elbow . This pointy segment of the bone is part of the ulna , one of the three bones that come together to form the elbow joint . The olecranon is positioned directly under the skin of the elbow , with out much protection from muscles or other soft tissues . It can break easily if you experience a direct below to the elbow or fall on an outstretched arm . A fracture can be very painful and make elbow motion difficult or impossible .

Types of Elbow Fracture :

# Above the elbow (supracondylar) . In this type of fracture, the upper arm bone breaks slightly above the elbow .

# At the elbow knob ( condylar)

# At the inside of the elbow tip (epicondylar)

# Growth plate (physis)

# Forearm .

# Fracture dislocation.

# Open fracture.

Ans : 2

Symptoms of Bone Fracture :

# Pain and tenderness .

# Loss of functions .

# Deformity .

# Unnatural movement .

# Swelling and bruising .

# Decreased mobility and bone pain .

# Inability to use the limb .

# Inability to weightbear .

Treatment Of Bone Fracture :

# Control bleeding by keeping sterile cloth or cotton with firm pressure .

# Call a doctor . Don’t try to move the person necessary to avoid further injury .

# Apply ice packs to limit swelling , wrap a towel before applying .

# A splint helps to immobolize the bone before doctor can take over . A sling can help to stabilize an arm that is broken .