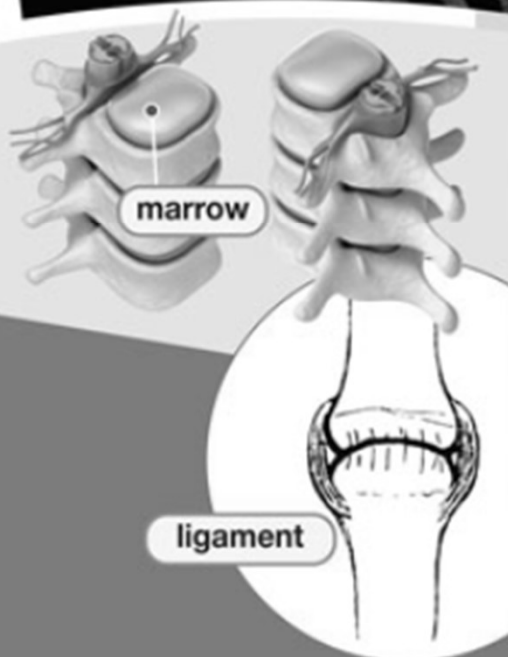


Physiotherapy

Unit 5 – Bones



What Are Bone Fractures?

There are 206 **bones** in the human **skeleton**. When a bone experiences too much strain or pressure, it breaks. The break is known as a **fracture**.

There are six types:

- **Stress fracture** (hairline fracture): A small split in the bone. The fragments do not separate. It is caused by repeated activity putting strain on the bone.
- **Greenstick**: These fractures are common in children. The bone is partly broken and partly bent.
- **Displaced**: The bone moves from its rightful place.
- **Impacted**: Broken bone fragments are driven into other fragments.
- **Comminuted**: The bone is crushed.
- **Compound**: The bone sticks out of the skin.
- Torn **ligaments** and bone **marrow** infections sometimes accompany a fracture.



Exercise 1 – Answer following questions

1 What are some types of bone fractures?

There are six types of fractures: Greenstick fractures, displaced fractures, comminuted fractures, impacted fractures, compound fractures, and stress fractures.

2 What are the causes of bone fractures?

Numerous incidents can lead to bone fractures. In every incident, an outside force is applied to the bone.

Exercise 2 – Answer following questions

1 What is the purpose of the medical guide?

- A** to describe different types of fractures
- B** to explain the structure of the skeleton
- C** to contrast ligaments with marrow
- D** to compare types of fractures

1 What is the purpose of the medical guide?

A to describe different types of fractures

2 Which of the following is the most minor type of fracture?

A comminuted

B compound

C hairline

D displaced

2 Which of the following is the most minor type of fracture?

C hairline

3 What causes bone fractures?

A separated skin

B strain or pressure

C bone marrow infections

D torn ligaments

3 What causes bone fractures?

B strain or pressure

Vocabulary

Match the words with the definitions (A-G).

1. displaced
2. stress fracture
3. comminuted
4. compound
5. impacted
6. greenstick

A a hairline fracture that is subjected to repeated strain

B being crushed or broken into pieces

C having the broken end of a bone become wedged against the other broken end

D having a partly broken and partly bent bone

E having a broken bone push through the skin

F being moved from its proper position

2 stress fracture

3 comminuted

5 impacted

6 greenstick

4 compound

1 displaced

Vocabulary

Read the sentence pairs. Choose which word best fits each blank.

A Spinal vertebrae help support the human

A Spinal vertebrae help support the human **skeleton**.

B John broke his fibula, or calf, during soccer.

B John broke his fibula, or calf **bone**, during soccer.

C Elsa got a bone transplant from her sister.

C Elsa got a bone **marrow** transplant from her sister.

D John was in pain after tearing his knee

D John was in pain after tearing his knee **ligament**.

Listen to a conversation between a physical therapist and a patient.

Mark the following statements as *True* or *False*.

- | | |
|--|--------------|
| 1 The man is still wearing a cast. | False |
| 2 The man broke a bone in his left leg. | False |
| 3 The woman is making a plan to strengthen the man's leg muscles. | True |



Listen again and complete the conversation

PT: So, you just got a **1)** taken off?

Patient: Yes, I broke **2)**

PT: What kind of **3)** was it?

Patient: A **4)** of the tibia.

PT: And now you need to **5)** your leg muscles?

Patient: Exactly. They're pretty weak after being **6)**

PT: Which leg was it, the right or left? I don't see it on your patient information sheet.

Patient: It was the right leg.

PT: Okay, thanks. Let's get started working out a rehab plan.



Listen again and complete the conversation

PT: So, you just got a **1) cast** taken off?

Patient: Yes, I broke **2) my leg**.

PT: What kind of **3) fracture** was it?

Patient: A **4) compound fracture** of the tibia.

PT: And now you need to **5) rehabilitate** your leg muscles?

Patient: Exactly. They're pretty weak after being **6) immobilized**.

PT: Which leg was it, the right or left? I don't see it on your patient information sheet.

Patient: It was the right leg.

PT: Okay, thanks. Let's get started working out a rehab plan.



Complete the conversation below based on Task 7, with the phrases given. Then, take roles and act it out.

USE LANGUAGE SUCH AS:

What sort of ...?

And now you need to ...?

Which ...was it?

Student A: You are a physical therapist. Talk to Student B about:

- the kind of fracture he or she had
- the reason he or she needs physical therapy
- which side the fracture occurred on

Student B: You are a patient. Talk to Student A about your bone fracture.

And now you need to rehabilitate your arm muscles?

My information sheet says you just got a cast taken off?

Can you tell me which arm it was, the right or left?

What kind of fracture was it?

My information sheet says you just got a cast taken off?

What kind of fracture was it?

And now you need to rehabilitate your arm muscles?

Can you tell me which arm it was, the right or left?

A:

B: Yes, I fractured my arm while playing basketball.

A:

B: It was an impacted fracture of the ulna.

A:

B: Right. They became weak while my arm was in the cast.

A:

B: It was the left.