Injuries and Diseases of the Bones

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Fracture Injuries

- Fracture injuries is broken bone that fractured in any number of ways (crosswise, lengthwise, in multiple pieces)
  - Common type of fracture:
    - **Stable fracture** - The broken ends of the bone lineup and are barely out of place.
    - **Open, compound fracture** - The broken pierce out of the skin and it very common in car accident
    - **Transverse fracture** - This type of fracture has a horizontal fracture line.
    - **Oblique fracture** - This type of fracture has an angled pattern.
    - **Comminuted fracture** - In this type of fracture, the bone shatters into three or more pieces.
Fracture Injuries Example
Fracture Injuries (continue)

Causes:
- Trauma
- Osteoporosis
- Overuse

Symptoms:
- Bruising
- Swelling around the injury
- Deformity

Treatments:
- Cast Immobilization - the most common type of fracture treatment by repositioning the bone and a cast to keep the broken ends in proper position while they heal
- Traction - Fix the bone by a gentle, steady pulling action
Osteoporosis

- Osteoporosis is a disease that cause bones to become weak and brittle.
- Some symptoms that a person with osteoporosis might show are back pain, loss of height over time, stooped posture, and easily to have bone fracture.
- Risk Factors: Unchangeable risks (gender, race, family history, frame size), hormone levels, dietary factors, steroids, alcohol and smoking.
Osteoporosis (cont)

Test and diagnosis:
- Using low X-ray to measure bone density.
- Usually the hip, wrist, and spine.

Treatment:
- Using medication (Alendronate, Risedronate, Zolendronic acid)
- Hormone Therapy
Arthritis

• Inflammation of joints.
• Actually consist of 100 rheumatic diseases.
• Symptoms include pain, stiffness, swelling, and redness.
• Risk factors include age, genetic, obesity, and joint injuries.
Arthritis (Cont.)

• Regular exercise and healthy habits are both prevention methods.
• Worsen over age.
• 1 in 5 U.S. adults have this disability.
• Treatments include therapy, surgery, and medication.
• Medication aims to hinder the progress of inflammation.
Dislocation

- Injury to a joint (where two bones meet) where bone(s) are pushed into abnormal positions.

- May occur from fall, impact or pulling force

- Found in joints throughout the body (shoulders, knees, fingers, toes, etc.)

- Can be pushed back into the correct position

- May cause damage to surrounding nerves, tendons, muscles and ligaments
Dislocation (Cont.)

Causes:

- Sudden great force is applied to a joint

NOTE: Each new dislocation makes the next easier to occur

Symptoms:

- Intense Pain at or around joint
- Joint instability (increases every new occurrence)
Work Cited

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