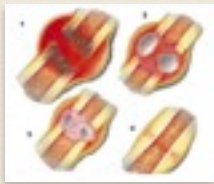


How Do Broken Bones Heal?

- ❖ Bones are living.
- ❖ They have blood supply.
- ❖ When they break, the bone bleeds and a sticky glue called "callus" develops.
- ❖ Callus holds bones together and heals them over time.
- ❖ Callus gets sticky immediately after the break.



- ❖ Bones must be straightened in the first 12 hours before they get sticky.
- ❖ Bones must be kept immobilized for up to 8 weeks while they heal.
- ❖ Breaks that cause loss of feeling or movement or when the bone is out of the skin are an emergency! Got to the hospital immediately!



THE NOTHING TO LOSE
FOUNDATION

BROKEN BONES





Remember

- ❖ Bones must be straightened in the first 12 hours before they get sticky.
- ❖ Bones must be kept immobilized for up to 8 weeks while they heal.
- ❖ Breaks that cause loss of feeling or movement or when the bone is out of the skin are an emergency! Go to the hospital immediately!

STRAIGHTENING AND HEALING BROKEN BONES



- ❖ BONES MUST BE STRAIGHTENED BEFORE THE CALLUS GETS TOO STICKY AND YOU CAN'T MOVE THEM.
- ❖ THIS CAN BEGIN 12 HOURS AFTER THE BREAK.
- ❖ CALLUS GETS STICKY MUCH SOONER IN CHILDREN THEN ADULTS.



- ❖ IF THE BREAK GETS STICKY IN THE WRONG POSITION IT MAY STAY THAT WAY PERMANENTLY.
- ❖ IF FEELING OR MOVEMENT ARE LOST AFTER AN INJURY IT IS AN EMERGENCY! GO TO THE HOSPITAL IMMEDIATELY.

The Hilot may not be able to straighten the bones correctly and does not have X-ray to assure the right position.

Medicines do not help bones heal, but antibiotics or surgery with sterile cleaning are needed if the bone comes out of the skin.

- ❖ ALTHOUGH BONES CAN GET STICKY IN 12 HOURS IT TAKES 6-8 WEEKS FOR BONES TO COMPLETELY HEAL IN ADULTS AND 3-6 WEEKS IN CHILDREN.
- ❖ BONES MUST BE IMMOBILIZED DURING HEALING SO THEY DON'T MOVE OR BREAK.

