



Thigh Bone Fractures and its Healing Procedure with Common Treatment

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Description

The femur or thigh bone is the longest and strongest bone in the human body. It is an essential bone that supports the weight of the body and helps in mobility. A femur fracture is a severe injury that can be caused by trauma, such as a car accident, sports injury, or a fall from a height. A fracture in the thigh bone can significantly impact an individual's daily activities and quality of life. In this study, we will discuss the healing procedure and medical treatment for a femur fracture.

Causes of femur fracture

Femur fractures can occur due to several reasons, including high-impact trauma such as a car accident, sports injury, or fall from a significant height. In elderly patients, it can be caused by osteoporosis, which is a condition in which bones become fragile and prone to fracture. Other causes of femur fractures include tumors, infections, and repetitive stress.

Types of femur fracture

There are different types of femur fractures, and the treatment options may vary depending on the severity of the injury. The types of femur fractures include:

Stable fracture: In this type of fracture, the bone is broken, but the pieces remain aligned.

Transverse fracture: This type of fracture is a straight horizontal line across the bone.

Oblique fracture: This type of fracture is a diagonal line across the bone.

Comminuted fracture: This type of fracture is when the bone breaks into several pieces.

Open fracture: In this type of fracture, the bone breaks through the skin.

Healing procedure for femur fracture

The healing procedure for a femur fracture involves immobilizing the broken bone to promote healing. The most common treatment for a femur fracture is surgery, which involves inserting a metal rod or screws to hold the bone in place. In some cases, a cast or brace may be used to immobilize the bone.

After surgery or immobilization, the patient will need to undergo physical therapy to regain strength and mobility in the affected leg. The physical therapy will include exercises to improve range of motion, muscle strength, and flexibility. The therapy may last for several months, depending on the severity of the injury.

Medical treatment for femur fracture

The medical treatment for a femur fracture includes pain management, antibiotics, and anticoagulants to prevent blood clots.

Pain management: Pain management is an important for patients with a femur fracture. The doctor may prescribe pain medication or recommend over-the-counter pain relievers. Patients should follow the doctor's instructions on how to take the medication to avoid any side effects.

Antibiotics: Antibiotics are prescribed to prevent infections that may occur during or after surgery. Patients should take the antibiotics as prescribed and report any signs of infection, such as fever, redness, or swelling.

Anticoagulants: Anticoagulants are prescribed to prevent blood clots that may occur due to immobility during the healing process. Patients should follow the doctor's instructions on how to take the medication and report any signs of blood clots, such as swelling, redness, or pain in the affected leg.

Conclusion

Femur fractures are severe injuries that can significantly impact an individual's daily activities and quality of life. The healing procedure and medical treatment for a femur fracture involve immobilization, surgery, physical therapy, pain management, antibiotics, and anticoagulants. Patients should follow the doctor's instructions on how to take medication, attend physical therapy, and report any signs of infection or blood clots. With proper treatment and care, most patients can regain strength and mobility in the affected leg.

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