

What to do if you had a fracture

What is an osteoporotic fracture ?

An osteoporotic fracture (also called fragility fracture) is a fracture that occurs with minimal forces that ordinarily would not cause a fracture. Example – falling from standing height or less.

If you are 50 or older and had a fracture (especially if without any trauma) there is a good chance that it is related to osteoporosis.

What are common sites for osteoporotic fractures ?

- x The hips, spine and forearm (wrists) are most common sites
- x The upper arm (humerus), ribs, lower legs (tibia), pelvis are other areas where one can have osteoporotic fractures

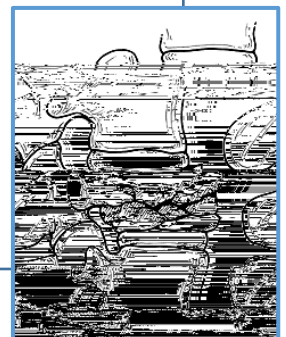
What are symptoms of compression (spine) fractures?

A compression fracture in the spine may not cause any back pain or other symptoms.

When symptoms are present, they often include

- x Sudden onset of back
- x Decrease in height
- x Pain worse with standing or walking
- x Pain less with lying on the side
- x Decrease movements of spine (ability to bend or stretch backwards)
- x Deformity – bulging along back, stooped shape

The pain usually gets better after about 4-6 weeks but could take longer



Usually happens when one lands on an outstretched hand during a fall

- x Pain and swelling of wrist or forearm
- x Decrease in movement of wrists
- x Difficulty gripping items

What your doctor will do for you



Contact information for the UPMC Rheumatology clinic:

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