

Fracture Repair

In some cases, surgery is needed to repair a fracture and any related soft-tissue injuries that may have also occurred. Surgery serves the dual purpose of realigning the broken bone and restoring stability to that bone.

Different types of surgical approaches are available to repair foot and ankle fractures. In selecting the procedure, your surgeon has taken into consideration the extent of your injury based on x-ray findings, your age, your activity level, and other factors.

The basic steps involved in any type of surgical fracture repair are as follows:

- An incision is made to gain access to the fracture.
- The broken pieces of the bone are placed together so that they are realigned. This process is also called a reduction.

- Some type of fixation hardware, such as pins, screws, and/or plates, is inserted to compress and secure the bone together.
- The foot and ankle are immobilized through use of a cast, splint, or surgical shoe/boot.

Recovery

Recovery from a fracture repair typically takes 6 to 12 weeks. During part or all of this period, the injured area is immobilized and weight bearing is limited. ■

Notes:

