



Knee Fracture:

A knee fracture is a break or crack in the bones in the knee joint. It may be just a bend or small crack in the bone, or the bone may break into pieces or shatter.

Knee fractures happen most commonly through trauma to the knee from falls, car accidents, sports activities, or direct hits to the knee.

Symptoms:

- Inability to move immediately after a fall
- Pain, swelling, bruising or tenderness immediately following an injury
- Inability to put weight on your leg or pain when the injury area is touched
- Pain made worse by movement
- Change in the shape of the leg
- A grinding (bone on bone) feeling when the injured leg is moved

X-ray usually will confirm if you have a fracture and show exactly where the fracture is on your bone.

Treatment:

Treatment depends on which bone or bones are broken and the type of fracture. Treatment for knee fracture can involve a combination of surgery, rehabilitation and medication.

- Your provider may put your leg in a brace, splint, knee immobilizer, or cast to keep your knee from moving while it heals.
- Internal repair using screws. Metal screws hold the bone together while the fracture heals.
- With treatment, the fracture may take 4 to 6 weeks to heal. Your provider may recommend physical therapy or exercises to help your leg become stronger and more flexible.

Prevention:

Most knee fractures are caused by accidents that are not easy to prevent. However, here are some things that can help prevent injury:

- Wear shoes that fit well and give good support.
- Gently stretch before and after physical activity.
- If you play a sport that uses knee protection, be sure that the protective equipment fits properly.
- Maintain a healthy weight.