

Overcoming Your Injury

Guidelines for successful rehabilitation



New Hampshire Orthopaedic Center

A GUIDE TO YOUR FRACTURE

Treatment, Diet, Exercise and Pain Management



A Guide to Your Fracture

Treatment, Diet, Exercise and
Pain Management



The better you adhere to the guidelines, the better your outcome will be; all of the work that you put in now will help you in the end.

Treating Your Injury

At New Hampshire Orthopaedic Center, our team is here to provide specialized care and treatment to help you stay in motion.

Our board-certified fellowship-trained Physicians and a team of Physician Assistants are dedicated to keeping people in motion through compassionate and focused care. We diagnose and treat musculoskeletal diseases and injuries, as well as provide the guidance necessary for full recovery.

However, recovery is an ongoing process that starts after your injury has been diagnosed and treated. We will provide you with the tools and tips you need to regain your momentum, but you must follow the guidelines provided by your surgeon, in order to improve the functionality of your bones, joints, and muscles after your injury.

Doctor's Orders

It is important to follow the guidelines provided by your doctor to ensure that your injury is rehabilitated properly and to prevent further complications.

You likely had a surgery in which a metal rod or plate was placed to stabilize your fractures. Think of this as an internal splint; your bones are stabilized, but they are not yet healed. Healing will take at least three months, so you must protect yourself and take care of yourself as instructed by your surgeon to make sure that your bones and joints heal correctly.

During this time, you must adhere to weight-bearing restrictions in order to allow the bones to heal back together without being displaced or disrupted. These restrictions are well thought out and are designed to protect you and your bone as it heals for the best possible long-term result.



These restrictions are well thought out and are designed to protect you and your bone as it heals for the best possible long-term result.



Eat a healthy diet.

A good diet will help you achieve the best possible results and function after your injury, as well as reduce the amount of long-term pain or difficulty.

FRACTURE TIP

Healthy Living & Recovery

Smoking impairs and potentially stops all bone healing, leads to poor overall bone quality, and increases your risk of infection. During recovery it is crucial to quit smoking, or at least significantly decrease the amount that you smoke.

Foods high in calcium, vitamin D and protein, such as salmon, tuna, cheese, dairy, spinach, kale, okra, chicken and eggs, help speed up the healing process.

Adequate amounts of calcium and vitamin D, as well as a diet with good sources of lean protein, are important to help bones heal. A good diet will help you achieve the best possible results and function after your injury, as well as reduce the amount of long-term pain or difficulty.



To regain full motion you must work consistently, gaining a fraction of a degree at a time, until you are able to move naturally and comfortably.

Maintaining & Rebuilding Strength

In order to stay in good condition and prevent stiffness, your muscles and joints must be exercised. Joints, even uninjured ones, become stiff if they aren't moved. To maintain a healthy body you must continue to use and exercise the muscles and joints adjacent to your injury. This means that if your wrist is in a splint, it is important to continue moving your fingers and elbow.

Tai Chi, yoga and weight resistance exercises are all great ways to build strength and stay active.

When removed from fixation, joints will become stiff and need to be exercised in order to achieve full motion. When you are permitted to do so, you must move your affected joints for at least five minutes, at least three times per day, to ensure proper healing. Don't be discouraged if you have difficulty with movement. The healing process requires consistent, gradual work in order to regain a full range of motion.

Medications & Pain

Minimizing NSAIDs, icing and elevating your injury may help you heal more quickly.

Pain is an expected part of your injury, as it comes with broken bones and other injuries to your body. Narcotics like Oxycodone, Percocet, and Vicodin may help in the short-term, but are not a long-term solution, and are incredibly addictive. Tylenol and NSAIDs* tend to help more with your pain than narcotics. Excessive amounts of NSAIDs could delay the healing process.

Icing and elevating your injured part is helpful for swelling, and often helps significantly with pain control. Your current injury is likely very limiting, and therefore you aren't able to work, take care of your family, etc. Your injury has now become your full-time job; in order to get better faster, improve your pain, and give you the best long-term function possible, now is the time to put in the work.

*NSAID stands for a NonSteroidal Anti-Inflammatory Drug. Some common examples of NSAIDs are Advil, Aleve, Ibuprofen and Motrin.



Narcotics are not a long-term solution, and are highly addictive. Narcotics should only be used within the first two weeks after injury.



Fracture Checklist

- ☐ What is my diagnosis?
- ☐ How do I care for my fracture?
- ☐ What medications should I take, and when?
- ☐ How should I use ice or heat?
- ☐ How do I care for my cast and/or pin?
- ☐ Do I know what my weight bearing status is?
- ☐ Do I need crutch training or DME instructions?
- ☐ What is my therapy order?
- ☐ What activities, like work or school, must I avoid, and for how long?
- ☐ Do I have any follow up instructions?
- ☐ Please contact us for any further or unanswered questions!



Physicians Eric R. Benson, MD, Daniel P. Bouvier, MD,
Douglas M. Goumas, MD, Robert J. Heaps, MD,
Kathleen A. Hogan, MD, Douglas M. Joseph, MD,
Heather C. Killie, MD, John T. Lynn II, MD,
Lance R. Macey, MD, Anthony R. Marino, MD,
Marc J. Michaud, MD, Dinakar S. Murthi, MD,
W. Russell Price, MD, William P. Rix, MD,
Edward A. Sirlin III, MD, Gregory W. Soghikian, MD,
Steve I. Strapko, MD, James C. Vailas, MD,
Jinsong Wang, MD, PhD

Physician Assistants Brooke E. Andrews, PA-C,
Dagan M. Cloutier, PA-C, Scott M. Evans, PA-C,
Robert D. Goings, PA-C, Ryan J. Guilfoyle, PA-C,
Jamie M. Gumb, PA-C, Kame G. McAuliffe, PA-C,
Lawrence O'Malley, PA-C, Timothy L. Smith, PA-C,
Eric E. Velasquez, PA-C

Award Winning Care

www.nhoc.com • 603.883.0091

