

## Principles of fracture management

There are three principles of fracture management:

1. Immobilization
2. Reduction
3. Rehabilitation

### 1. Reduction

Reduction is the process of getting the bone fragments into an anatomical rotation and alignment accomplished through:-

#### a. Closed reduction

Obtained by manual manipulation

Performed under L/A to reduce pain; muscle spasms and relax muscles pulling bone fragments out of position.

#### b. Open reduction

Involving surgical interventions

Used where muscles attached to the bones are numerous and powerful

In open wounds after surgical toilet

### 2. Immobilization

Immobilization is the process of keeping fragmented ends of bones still and stable until healing takes place.

The means by which reduction is maintained is achieved through:-

**a. External splinting** e.g. P.O.P, traction, splints

**b. Internal splinting** e.g. internal or external fixation

### External Fixation

The fracture is reduced, aligned, and immobilized by a series of pins inserted into bone fragments.