

This fracture
usually heals within
6-8 weeks

Walking is the
best form of treatment



Should you have any concerns or would like more advice following discharge from hospital, please telephone the **Fracture Clinic** and leave a message and a member of staff will return your call.

Please be aware telephone calls made from the hospital will appear on your phone as *"number withheld"*.

Fracture Clinic Helpline

Phone: 01204 390992

8:00am until 1:30pm, Monday to Friday
Messages can be left out of hours

Email: virtualfractureclinic@boltonft.nhs.uk

Your recovery following a pubic rami fracture

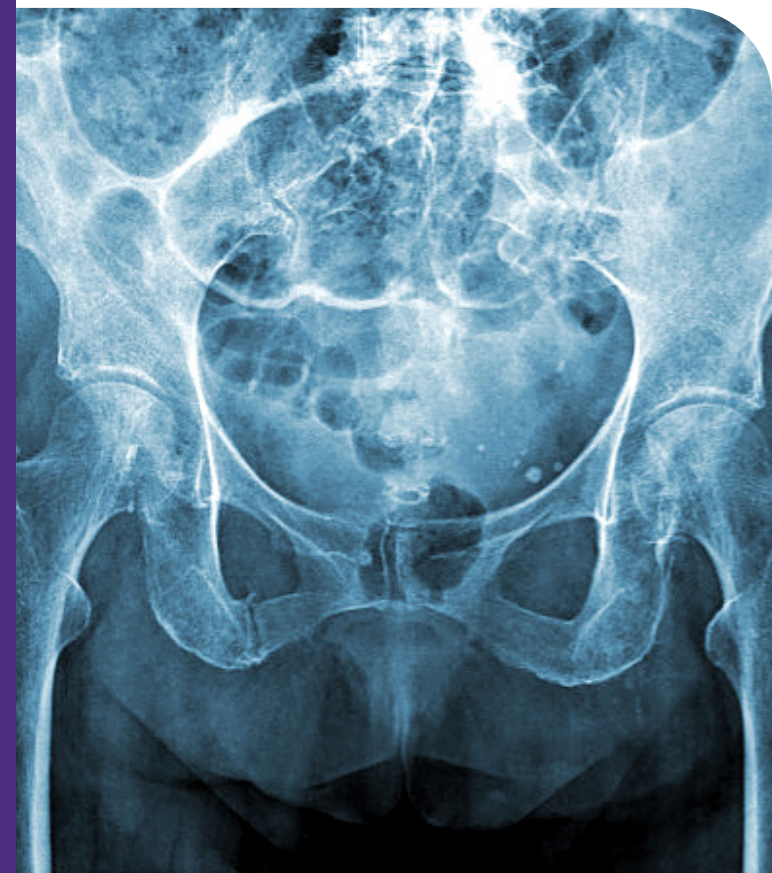
Fracture Clinic

We recognise that not everyone will find this leaflet easy to read.

If you require a copy of this leaflet in any other language or format, such as large print or audio, please contact
01204 390193

Bolton NHS Foundation Trust.
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Fractured Pubic Rami

- You have fractured (broken) a bone which is part of your pelvis.
- This fracture normally heals within 6-8 weeks but may take longer depending on the severity.
- Walking is the best form of treatment and will help improve the circulation and healing.
- You may experience groin and leg pain.
- It is important to use analgesia as prescribed in order to manage the pain
- You can fully weight bear if pain allows.
- This fracture does not require surgery.



Daily Activities

- Your activities of daily living will be affected by your fracture.
- It may be difficult walking and weight bearing through your legs.
- You may be provided with a walking aid to help with your walking. Continue to use this until you feel your walking is no longer affected by pain.
- Gradually increase how far you can walk.
- Driving – you need to be able to perform an emergency stop safely and have good control of the pedals before you drive.
- A member of the Home First Team may assess you prior to discharge from ED to ensure you will be able to manage with normal activities of daily living.
- Avoid sitting in low chairs for a prolonged period of time. Use your hands on the arms of chairs to support getting in and out of a chair.
- Here are some exercise which will help your recovery. Only do the exercises which do not aggravate your pain.

1 Knee flexion

x10

Slide the affected leg forwards and backwards along the floor up to 10 times.



Chair exercises

2 Hip flexion

x10

Lift one knee at a time towards your chest up to 10 times.



Exercises

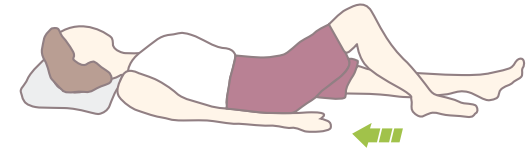
Should be done three times daily

Bed exercises

1 Hip flexion / Knee flexion

x10

Lift one knee at a time towards your chest up to 10 times.



2 Hip abduction

x10

Lying on your back, keeping your leg straight, move your leg out to the side up to 10.

