

How to Identify Healing of a Fracture?



Fracture healing takes time and the time required depends on person to person. There are certain factors that decide how fast or slow the fracture will heal. They include the location and the severity of the fracture, its cause, the type of treatment provided, and whether [orthopedic implants](#) are used or not during the treatment.

Well, the recovery phase is not easy as it is characterized by limited mobility, range of motion, and pain. However, most fractures show a bit of recovery a few weeks after the treatment. The point to be noticed here is how someone will identify that the fracture is healing. This is what we will be discussing in the post.

What Are the Signs of Fracture Healing?

Here are the signs that will tell you that your fracture is healing:

Reduced Pain and Swelling

This is the first and most obvious sign of healing of a fracture. As it starts to heal, the pain and swelling associated with the fracture improve. Pain & swelling is common when a fracture occurs, and it is a natural body's response to the injury. However, as the fracture heals, pain and swelling also reduce. So, you will find pain intensity getting lower as the fracture heals.

Increased Mobility

Another sign that you will find when a fracture starts to heal is the better mobility of the operated site. When a fracture occurs, the person is hardly able to move the injured limb. However, as it starts to heal, the range of motion of the fracture site also starts to become better.

So, when you are able to use the fracture site, it means the fracture is healing. The theory here is simple, as the bone starts to heal, the range of motion keeps improving.

Reduced Sensitivity to Touch

When a fracture occurs, it hurts even when someone tries to touch the fractured site. However, as healing progresses, the sensitivity to touch reduces. Well, if the sensitivity to touch persists even after a few weeks of the fracture, this means there is something wrong and the fracture is not healing.

Better Stability

As the fracture heals, new bone tissue forms. It helps stabilize the fracture. This results in better fracture stability. The patient will feel it with day-to-day

activities as they will start becoming better. So, when you are able to put more weight on the fracture site, it means the fracture is healing.

Quicker Return to Normal Activities

One of the happiest signs of fracture healing is the patient starts to return to normal activities without much discomfort. This is where the patient starts to gain confidence and make more efforts towards recovery. Remember, complete recovery of the fracture may take a few weeks to months. This depends on the severity of the fracture and its location.

When you are recovering from a fracture, it is important for the person to follow the doctor's instructions.

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Source:

<https://www.party.biz/blogs/143482/250587/how-to-identify-healing-of-a-fracture>