Acute fractures can be simple (a clean break with little damage to surrounding tissue) or compound (where a piece of the bone pierces the skin) and occur from a quick, one-time injury. Stress fractures occur from repetitive stress on the bone, usually in the feet and legs, and produce pain in a limited area over the point of the bone where the fracture has occurred.

Caution!
All fractures require medical attention.

How is it treated?
• While waiting for medical help, it is important to stop any bleeding with a sterile bandage or clean cloth or piece of clothing.
• Immobilize the area where the fracture has occurred and apply ice packs to limit swelling and help reduce the pain.
• If the injured person is short of breath or is feeling faint, have the person lie down and elevate the legs if possible so that the head is slightly lower than the person’s trunk.

Find More Information
• Mayo Clinic: http://mayo.clinic/1qzDSst
• Medline Plus: http://1.usa.gov/1ihB6Fz
• OrthoInfo: http://bit.ly/1gekZU0
• WebMD: http://bit.ly/1hflUoH