Fractured Pelvis

Pelvic fractures are usually due to a fall or car accident. Minor fractures of the pelvic bones can often be treated at home. Walking or changing positions may be painful. You should rest for several days but then begin weight bearing and walking as tolerated. Crutches or a walker are often used in the first few weeks to reduce pain and enable you to get around easier. **Prolonged bed rest for a pelvic fracture is not recommended. It increases your risk for blood clots and other complications**.

Pelvic fractures usually heal in 6-12 weeks without any special treatment. Treatment may include pain medicine, medicine to keep your stool soft, and crutches or a walker.

Take these simple measures to avoid further falls and injuries:

- Get rid of your throw rugs and electrical cords from traveled areas.
- Avoid poorly lit stairs.
- Do not wear high heel shoes.

If you are at risk for osteoporosis, treatment includes regular exercise, a diet rich in calcium and vitamin D, and possibly other drugs to help preserve bone. Ask your primary care physician if you should have a bone density test (DEXA scan) if you are 50 years or older.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Blood in your urine, increased pain, severe constipation, increasing difficulty walking, pain or unusual swelling in your legs, chest pain, fever, shortness of breath, or if you faint or fall.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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