

Pelvic Fracture

A pelvic fracture is when 1 or more hipbones are cracked or broken. Your hips or pelvis is made up of 5 bones. Many pelvic fractures are caused by:

- Car accidents
- Falling from a great height
- Minor falls, injuries or sudden movement causing the muscle to tear away a piece of the hipbone.

If you had an accident or other injury, you may have tests to see if you have injuries to your other bones or organs.

Signs of a Pelvic Fracture

- Bruising and tenderness
- Swelling
- Numbness or tingling in your genital area or in your upper leg
- Discomfort or pain when you stand

Jabka Sinta

Jabka sintu waa marka mid ama in ka badan ee lafaha sinta ay dilaacaan ama jabaan. Sintaadu waxay ka kooban tahay 5 laf. Jabka sinta intiisa badan waxa sababa:

- Shil baabuur
- Meel sare oo laga soo dhaco
- dhicitaanada fudud, dhaawacyo ama dhaqaaq dhakhso ah oo keenaya in muruqu jabsado qayb ka mid ah lafta sinta.

Haddii shil ama dhaawac kale ku soo gaaray, waxa lagaa qaadi karaa baadhitaano si loo arko haddii ay jiraan dhaawacyo soo gaaray lafahaaga ama xubnahaaga kale.

Calaamadaha Jabka Sinta

- Cad go' iyo danqasho
- Barar
- Goobta cawradaada ama xagga sare ee lugtaada oo kabaabyo ama jiririco leh
- Raaxo-daro ama xanuun marka aad istaagan tahay

Your Care

Your pelvic fracture may need to be fixed with surgery or by putting pins into the bones from the outside. If you have other injuries, these may also be fixed during surgery. After you leave the hospital, you may need:

- Blood thinner medicine to prevent blood clots
- To limit your activity for several months
- A cast, crutches or a walker to help your hip heal
- Physical therapy to help your bones heal better and strengthen your muscles

Call your doctor **right away** if:

- You have sudden chest pain and trouble breathing.
- Your skin is itchy, swollen or has a rash.
- Your pain and swelling increase.
- You have a fever over 101 degrees F.

Talk to your doctor or nurse if you have any questions or concerns.

Daryeelkaaga

Waxa laga yaabaa in loo baahan yahay in sintaada jabtay lagu hagaajiyo qalitaan ama iyada oo biro dibadda laga soo galinayo lafahaaga. Haddii aad leedahay dhaawacyo kale, waxa laga yaabaa in iyagana la hagaajiyo inta qalitaanka lagu jiro. Marka aad cisbitaalka ka baxdid ka dib , waxa aad u baahan kartaa:

- Dawada khafiifisa dhiigga si looga hortago dhiiga oo xinjirooba
- In aad yareysid hawlahaaga mudo dhawr bilood ah
- Duubis/kabka, qoryaha curyaanka ama qalab lagu socdo si sintaadu u bogsato
- Jimicsiyo daweyn ah si lafahaaga looga caawiyo inay bogsadaan isla markaana muruqyadaadu xoog u yeeshaan

Wac dhakhtarkaaga **isla markiiba** haddii:

- Aad yeelatid xanuun laabta ah oo kadis ah iyo neefsashada oo dhib kugu ah.
- Maqaarkaaga oo yeesha cuncun, barar ama finan.
- Xanuunka iyo bararka oo kordha.
- Waxa aad leedahay qandho/heerkul ka sareeya 38 darajo C (101 darajo F).

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.

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Pelvic Fracture. Somali