

# 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
- 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

## 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
- To use crutches or a walker when walking to lessen the weight to help your bones heal
- Physical therapy to help your bones heal better and strengthen your muscles

# 骨盆骨折

骨盆骨折是指有一根或多根髌骨出现裂缝或折断。髌部或骨盆由五块骨头组成。骨盆骨折的许多常见原因如下：

- 车祸
- 摔倒、受伤或突然移动，导致髌骨肌肉撕裂

如果发生事故或受伤，您可能要查看其它骨骼或器官是否也受伤。

## 骨盆骨折的症状

- 瘀伤和触痛
- 肿胀
- 生殖器部位或大腿上部麻木或刺痛
- 站立时感到不适或疼痛

## 治疗

发生骨盆骨折后，可能用手术或从外部在骨骼中加入销钉。如果其它部位也受伤，可在手术中一并治疗。出院后，可能需要：

- 服用血液稀释药物，以防止血凝块
- 限制活动数月
- 行走时使用拐杖或助行器来减轻重量，以帮助骨骼愈合
- 理疗以帮助骨骼痊愈，并增强肌肉力量

**Call your doctor right away if:**

- You have sudden chest pain and trouble breathing.
- Your pain and swelling increase.
- You have a fever over 100.5 degrees F or 38 degrees C.

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

**如果发生以下情况，请立即致电医生：**

- 突然发生胸痛和呼吸困难。
- 疼痛和肿胀加剧。
- 发烧超过摄氏38度（华氏100.5度）。

**如果有任何疑问或担心，请咨询医生或护士。**

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**Pelvic Fracture. Simplified Chinese.**