

# 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

# 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。骨盆骨折的常见原因如下：

- 车祸
- 从高处摔下
- 轻微的摔倒、伤害或突然移动，导致肌肉将髌骨撕裂

如果发生事故或受到其它伤害，可能检查其它骨骼或器官是否也受到伤害。

## 骨盆骨折的症状

- 瘀伤和触痛
- 浮肿
- 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

## **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.**

## 诊治

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

- 服用血液稀释药物，以防血液结块
- 限制活动数月
- 使用石膏、拐杖或助行器，协助髋部痊愈
- 物理治疗，以协助骨骼痊愈，增强肌肉力量

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
- 皮肤瘙痒、浮肿或出现皮疹
- 疼痛和浮肿加剧
- 发烧超过摄氏 38 度 (华氏 101 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