

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髖骨出現裂縫或折斷。髖部或骨盆由五塊骨頭組成。骨盆骨折的常見原因如下：

- 車禍
- 從高處摔下
- 輕微的摔倒、傷害或突然移動，導致肌肉將髖骨撕裂

如果發生事故或受到其他傷害，可能檢查其他骨骼或器官是否也受到傷害。

骨盆骨折的症狀

- 瘀傷和觸痛
- 浮腫
- 生殖器部位或大腿上部麻木或刺痛
- 站立時感到不適或疼痛

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.

診治

發生骨盆骨折後，可能進行手術或從外部在骨骼中加入銷釘。如果其他部位也受傷，也可在手術中一併治療。出院後，可能需要：

- 服用血液稀釋藥物，以防血液結塊
- 限制活動數月
- 使用石膏、拐杖或助行器，協助髖部痊癒
- 物理治療，以協助骨骼痊癒，增強肌肉力量

如果發生以下情況，請**立即**致電醫生：

- 突然發生胸痛和呼吸困難
- 皮膚搔癢、浮腫或出現皮疹
- 疼痛和浮腫加劇
- 發燒超過攝氏 38 度 (華氏 101 度)

如果有任何疑問或擔心，請詢問醫生或護士。

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