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Physical Therapy Following a Femoral Fracture



Physical therapy can help with most fractures, but it is especially important if you have suffered a fracture of the femur, which runs from the hip to the knee. This incredibly strong bone typically requires significant force or direct trauma to break.

A femoral fracture often requires surgery to place the bones back into position. Nonsurgical treatment usually involves holding the pieces together, so that the bone can properly heal.

Depending on your unique situation, your doctor may use

- a metal plate with screws,
- a rod through the bone or
- metal pins and a frame.

Healing, however, does not simply entail removal of the surgically implanted aids and a resumption of your normal activities. **A well-designed program of physical therapy can ensure a slow, safe and successful process of rehabilitation.** A failure to heal properly can worsen the condition and delay your mobility.

Once your doctor has given approval, you can begin range-of-motion and strengthening exercises to improve conditioning of the entire area. Stretching exercises will help restore and maintain fluidity and motion. You will perform some exercises with our assistance while others can be performed at home.

We can develop a realistic and manageable rehabilitation program for you. We will also let you know when it is safe to return to sports and similar intense activities. Gradually, you will experience a successful recovery from surgery for your femoral fracture.