

# 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。骨盆骨折的許多原因如下：

- 車禍
- 摔倒、受傷或突然移動引起的髖骨肌肉撕裂

如果發生事故或受傷，您可能要查看其他骨骼或器官是否也受傷。

## 骨盆骨折的症狀

- 瘀傷和觸痛
- 腫脹
- 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

## 治療

發生骨盆骨折後，可能用手術或從外部在骨骼中加入銷釘。如果其他部位也受傷，可在手術中一起治療。出院後，可能需要：

- 服用血液稀釋藥物，以防止血凝塊
- 限制活動數月
- 行走時用拐杖或助行器來減輕重量，並幫助骨骼癒合
- 用理療幫助骨骼痊癒，並增強肌肉力量

**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.**

**如果發生以下情況，請立即致電醫生：**

- 突然胸痛和呼吸困難。
- 疼痛和腫脹加劇。
- 發燒超過攝氏38度 (華氏100.5度)。

**如果有任何疑問或擔心，請詢問醫生或護士。**

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**Pelvic Fracture. Traditional Chinese.**