



SNS COLLEGE OF PHYSIOTHERAPY

Affiliated by the Tamil Nadu Dr. M. G. R. Medical University, Chennai
Saravanampatti Post, Coimbatore – 641 035, T.N



Fracture Healing

A 40-year-old female with a healing humerus fracture complains of slow recovery. Priya must assess the healing process and recommend interventions.

Challenge: How should Priya evaluate and support fracture healing?

Possible Solutions:

1. Review X-rays to assess callus formation and alignment.
2. Recommend exercises to improve circulation and strength.
3. Discuss nutrition (calcium, vitamin D) with the patient.
4. Consult the orthopedic team for delayed healing concerns.

E. Upper Limb Fractures

A 19-year-old male with a suspected clavicle fracture presents with pain and limited shoulder movement. Priya must assess and plan management.

Challenge: How should Priya approach the assessment?

Possible Solutions:

1. Perform a physical exam to confirm clavicle deformity and pain.



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2. Recommend an X-ray to verify fracture type and displacement.
3. Initiate immobilization with a sling and monitor progress.
4. Refer to an orthopedic surgeon for potential surgical evaluation.

F. Lower Limb Fractures

A 50-year-old female with a femoral fracture post-surgery is referred for rehabilitation. Priya must decide on the initial rehab protocol.

Challenge: What rehab approach should Priya adopt?

Possible Solutions:

1. Start with isometric exercises to maintain muscle strength.
2. Progress to partial weight-bearing as per surgical guidelines.
3. Monitor for complications like DVT or stiffness.
4. Develop a phased rehab plan with the orthopedic team.

G. Spinal Fractures

A 60-year-old male with a suspected lumbar fracture presents with back pain after a fall. Priya must assess the injury safely.

Challenge: How should Priya proceed with the assessment?



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Possible Solutions:

1. Avoid spinal mobilization and assess pain and neurological status.
2. Recommend urgent imaging (CT/MRI) to confirm fracture.
3. Stabilize the patient and refer to a spine specialist.
4. Educate the patient on avoiding movements until cleared.