

SNS COLLEGE OF PHYSIOTHERAPY

COIMBATORE-35



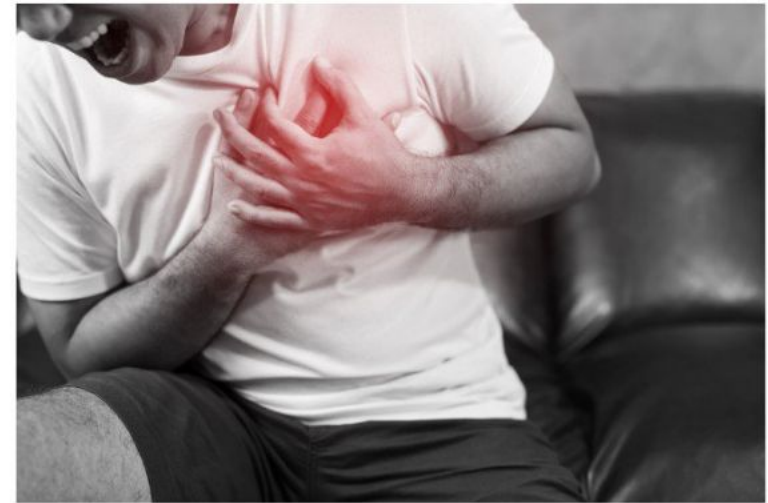
**SUBJECT: CLINICAL CARDIOLOGY AND RESPIRATORY
DISEASE**

TOPIC: RIB FRACTURE

Empathize

Patient: sharp chest pain with breathing, coughing, or movement.

Fear: “I can’t take a deep breath.”



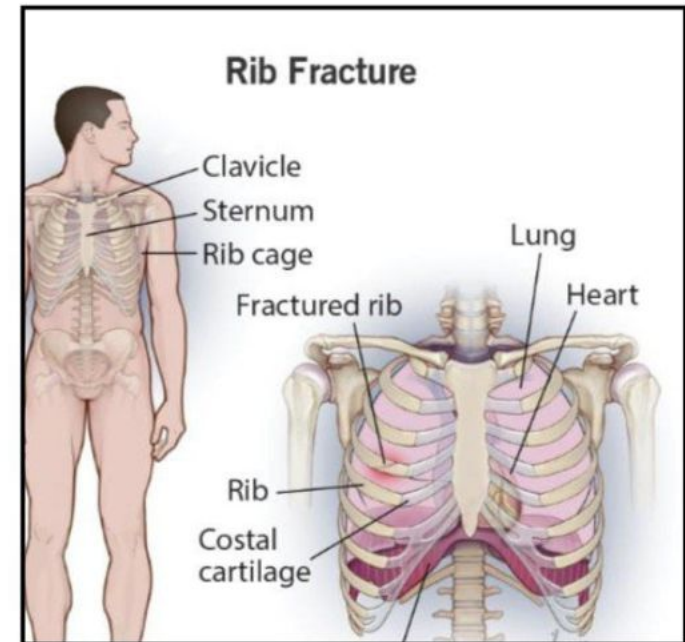
Ideate

- Causes: trauma, falls, accidents.
- Issues: pain → shallow breathing → risk of atelectasis.



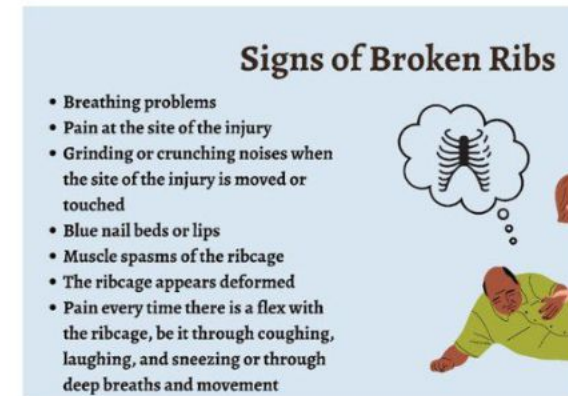
Define & Explain

- Rib fracture: break in one or more ribs, usually due to trauma
- Common in elderly due to brittle bones.



Clinical Features

- Sharp localized pain.
- Pain on deep breathing, coughing, or movement
- Tenderness, swelling, crepitus.

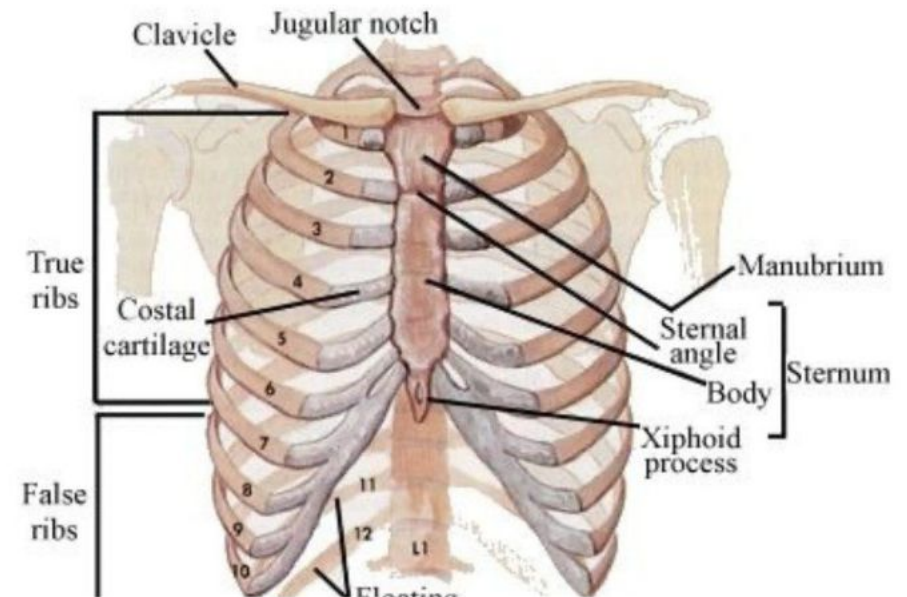


Clinical Findings

Shallow breathing.

Decreased chest expansion.

Risk of pneumonia, hypoxemia.



Cardio Considerations



- Multiple fractures may injure lungs, vessels, or heart.
- Risk of hemothorax, pneumothorax.
- Tachycardia due to pain.

Flow Chart (Roadmap)

Trauma



Rib fracture



Pain & tenderness



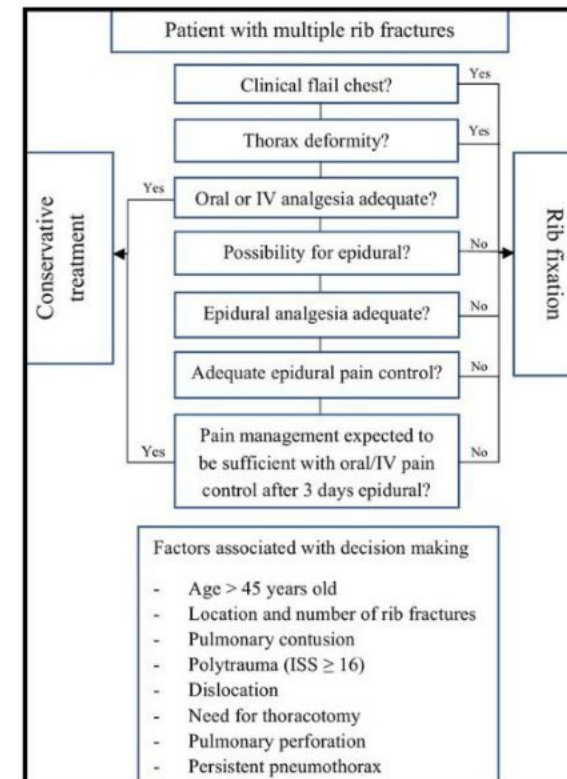
Shallow breathing



Atelectasis / Pneumonia



Hypoxemia & Cardio-respiratory stress



MCQs

Q1. Most common cause of rib fracture: a) Trauma b) Infection c) Cancer d) Asthma (Ans: a)

Q2. Pain in rib fracture is worsened by: a) Eating b) Deep breathing c) Sleep d) Swallowing (Ans: b)

Q3. Major complication of rib fracture: a) Pneumothorax b) Diabetes c) Stroke d) CKD (Ans: a)

MCQs



Q4. Crepitus in rib fracture is due to: a) Air in pleura b) Friction of broken bone ends c) Muscle spasm d) Infection (Ans: b)

Q5. Best treatment for simple rib fracture: a) Rest & analgesics b) Surgery c) Plaster cast d) Oxygen only (Ans: a)

Q6. Rib fractures can lead to: a) Atelectasis b) Pulmonary fibrosis c) COPD d) Asthma (Ans: a)