

What Happens When... A Bone Breaks

It hurts to break a bone! It's different for everyone, but the pain is often like the deep ache. If the break, what Doctors call a fracture, is very small, sometimes you might not feel it at all. If you think you or someone else has broken a bone, the most important things to do are:

- Stay Calm
- Tell an Adult
- If there are no adults around, call 911
- Make sure the person who is hurt is comfortable and stays as still as possible

What does the Doctor do?

To treat a broken bone the doctor needs to see how it is broken. Doctors use X-ray machines to take a picture of the bone all the way underneath the skin! The doctor uses the x-ray to set the bone back in to its normal position. Once the bone is set, a special bandage called a cast is wrapped around the break. Casts are very hard so that the bone doesn't move while it's healing. Normally, casts are worn for 1-2 months.

Some casts are even waterproof and sometimes they come in cool colors that you can choose. Traditionally, when someone breaks a bone their friends and family sign the cast with a magic marker with wishes and doodles to help a speedy recovery!

Strong Bones

Follow these steps to build strong bones:

- Stay active! Jumping and running is practice for your bones.
- Eat foods rich in Calcium and Vitamin D such as milk, kale, orange juice, and eggs.

