

# Pubic Rami Fracture

**This Information booklet will help you understand your injury and provide advice on suitable exercises to aid your recovery**

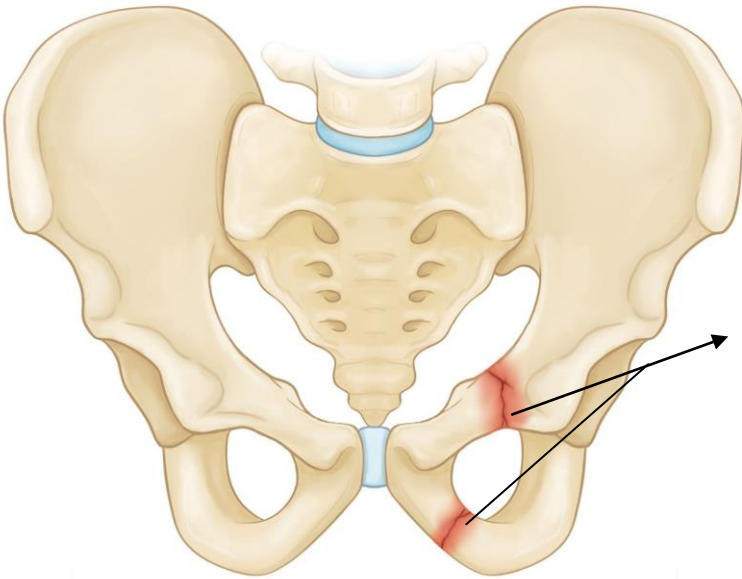
Author: Therapy services

Date:

Review date:

## Therapy Services Patient Information

### The Pelvis



### Pubic Rami Fracture

The **pubic rami** are a group of bones that make up part of the pelvis. A **pubic ramus fracture** is a break in one of these bones.

These fractures do not need an operation and will heal with **time**, **analgesia** and **therapy**. They often take about 6-8 weeks to heal.

You can **fully weight bear** as pain allows and there are no limitations to range of movement only to avoid **twisting** on the leg.

**Walking** is the best treatment for these injuries and will help with your circulation and healing.

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### Pain relief medication

There are a lot of muscle attachments around the pelvis and this can make movement very painful.

It is essential to keep on top of your pain relief, if you feel that your pain is not controlled please inform a member of staff in the hospital or your GP at home.

It is common that at rest you will feel no pain. Pain will generally increase on movement and weight bearing so please comply with the recommended pain relief prescribed.

Keeping on top of your pain relief will also aid you in participating with therapy. **Movement and mobility is essential in helping this injury to heal.**

### Treatment and discharge planning

Your therapist will guide you on which exercises in this booklet are appropriate for you. They will also assess your mobility and provide you with an appropriate mobility aid.

Depending on your ability post injury the health care professionals on the ward will discuss which discharge options would be suitable in order to facilitate your recovery.

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### Bed exercises

#### 1. To assist good circulation

- Move both **ankles** and **toes** up and down as much as possible. Repeat x.....

#### 2. Knee / Hip Flexion

- Lying on your back, bend and straighten your leg.  
Repeat x.....



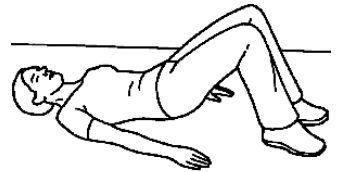
#### 3. Hip Abduction

- Lying on your back, bring your leg out to the side, then back to the middle.  
Repeat x.....



#### 4. Bridging

- Lay on your back with your knees bent up.  
Lift your bottom off the bed and hold for 5s.
- Repeat x.....



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### Chair exercises

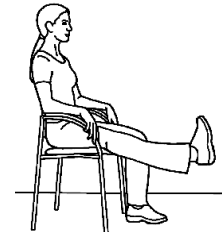
#### 1. Heel and Toes Taps

- Rise up onto your toes and then your heels.  
Repeat x.....



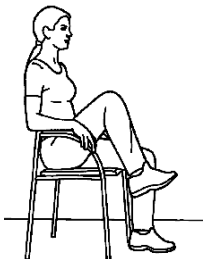
#### 2. Knee Flexion

- Slide the affected leg forwards and back along the floor. Repeat x .....



#### 3. Knee Extension

- Straighten your knee in front of you, so that your foot lifts off the floor. Hold for 5 seconds. Repeat.....



#### 4. Hip Flexion

- Lift one knee at a time towards your chest.  
Repeat x .....

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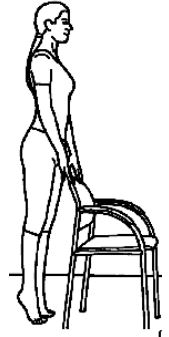
# Patient Information

### Standing exercises

Stand holding onto a support in front of you

#### 1. Heel Raises

- Slowly raise your heels off the floor, and lower again  
Repeat x.....



#### 2. Hip Flexion

- Stand holding a support in front of you
- Lift your knee towards your chest then lower your foot to the ground. Repeat x.....



#### 3. Hip Abduction

- Stand holding onto a support
- Lift your leg out to the side and return to the starting position
- Ensure you don't lean sideways  
Repeat x.....



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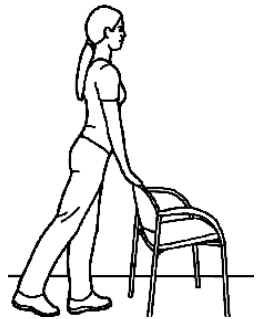
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### Standing exercises continued

Stand holding onto a support in front of you

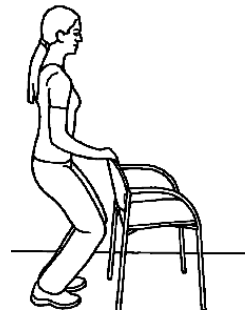
#### 4. Hip Extension

- Stand holding onto a chair.
- Keeping your body upright, move your leg back as far as possible with your knee straight. Return to the starting position.
- Ensure you don't lean forwards. Repeat x.....



#### 5. Squat

- Holding onto a chair with your feet hip width apart, slowly bend your knees and stick your bottom out.
- Go down as far as you feel comfortable then stand up tall. Repeat x.....



## Therapy Services

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### Everyday activities

#### Walking

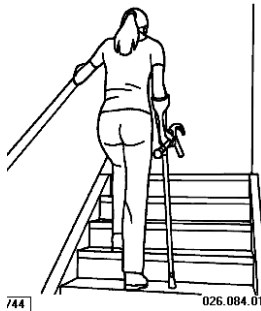
Use the walking aid provided by the therapist. Gradually increase how far you walk as able.

#### Stairs

If you need to, you will be taught how to do the stairs before you go home.

**Going up:** Unaffected leg goes up first, followed by the affected leg and finally the walking aid.

**Going down:** The walking aid goes down first, followed by the affected leg and then the unaffected leg.





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### **Getting in and out of bed**

When getting into bed, try to shuffle your bottom back onto the bed as far as possible before lifting your legs up. If you struggle to lift your affected leg the therapy team can teach you an easier technique. You can sleep in which ever position you find most comfortable but may prefer to place a pillow in between your knees when sleeping on your side.

### **Sitting**

Avoid sitting on low chairs or for prolonged periods of time. Use your hands on the arms of the chair to help gently lower yourself.

### **Washing and dressing**

Initially you may need to sit to wash and dress due to pain felt in standing. Dress your affected leg first and undress it last. The Therapy team will provide equipment if required.

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### **Bathing/Showering**

Bathing may be difficult initially as you have to bend a lot when getting in and out. If you have a shower over the bath, you should take care when stepping into the bath. If you feel you are unable to do this safely, you should continue to strip wash. If you have a shower cubicle, you should step in with your unaffected leg first. Wash your legs and feet with long-handled aids or assistance as required.

### **When getting in a car:**

- Have the seat pushed right back and reclined slightly. Stand with your back to the seat and slowly lower yourself to the edge of the seat.
- Push yourself backwards towards the drivers seat as far as you can go, then lift your legs in slowly

### **When getting out of the car:**

- Try to step out onto the road rather than straight onto the pavement.

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**Any additional information given:**

## Therapy Services

# Patient Information

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### Contact information

For any further information please feel free to contact us

**Therapy team: 01202 442108**

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

#### **The Health Information Centre**

Poole Hospital NHS Foundation Trust  
Longfleet Road  
Poole  
Dorset  
BH15 2JB  
Telephone: 01202 448003 [www.poole.nhs.uk](http://www.poole.nhs.uk)

If you wish to make any comments on this leaflet, please contact the Patient Experience Team confidentially by phone on 01202 448003, by post to the Health Information Centre (address above), or email [healthinfo@poole.nhs.uk](mailto:healthinfo@poole.nhs.uk). We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email [pals@poole.nhs.uk](mailto:pals@poole.nhs.uk) for further advice.