

Fibula Fractures - A Detailed Guide



Also known as calf bone, the fibula is present in the lower extremity of the body and is placed on the lateral side of the tibia. This bone plays some of the key roles including stabilization and support to the leg, body, leg muscles, and ankle.

Being in the lower extremity that bears most of the body weight, the fibula is also prone to get fractured due to multiple causes. Several studies have found that almost 17% of the body's weight is carried by the fibula and hence if the person tries to put more weight than the bone can handle, fractures could occur.

In certain cases, the fracture is so serious that it cannot be fixed without surgical intervention and the use of [Orthopedic Implants](#) Plates and other orthopedic devices. In this post, we will discuss some key points about fibula fractures. Let us see start with the types of fractures seen in the fibula.

Types of Fibula Fractures

Different types of fibula fractures include:

Lateral malleolus fractures – This is the condition where the break in the fibula occurs near the ankle

Fibular head fractures – In this condition, the fracture occurs in the fibula at the upper part of the knee

Avulsion fractures – This is where a small part of the bone is attached to the tendon or a ligament is pulled away from the bone

Stress fractures – Stress fractures are when the break occurs due to repetitive use of the bone

Fibular shaft fractures – This is the condition where the break in the fibula occurs in the middle of the bone

Symptoms Associated with Fibula Fracture

Just like other fractures, pain, swelling, and tenderness are commonly noticed. Besides this, other signs and symptoms noticed may include:

- ✓ Inability to put weight on the injured leg
- ✓ Bleeding in the leg, especially in the case of open fractures
- ✓ A feeling of numbness in the foot
- ✓ Tenderness to touch

Diagnosis of Fibula Fracture

The diagnosis of the condition is often made with the physical examination at first. This is done to monitor the visible signs of the condition including swelling, bruising, and deformity. Above all, this is also a fact that only a physical examination cannot diagnose the condition, and hence, certain imaging tests are also ordered by the surgeon. The tests ordered may include:

- ✓ X-ray
- ✓ CT-scan
- ✓ MRI

Treatment of Fibula Fracture

The severity and the exact location of fractures decide what type of treatment should be given to fix the condition. If there is an open wound and the bone breaks out of the skin, emergency treatment is required, and in such cases, surgery will be done. The surgical intervention will be carried out under anesthesia using [orthopedic implants and instruments](#). Similarly, in the case of displaced or multi-fragmentary fractures, surgery will be required as well.

While on the other hand, closed non-displaced and mild fractures can be fixed without surgery using a cast or a splint. Along with this, the doctor also prescribes analgesics and anti-inflammatory medicines (NSAIDs) to curb pain & inflammation.

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