



Understanding Fractures: Causes, Treatment and Prevention Strategies

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fractures often occur due to sudden force or impact, pathological fractures may arise from weakened bone structures secondary to systemic diseases or localized lesions. Understanding the diverse etiological factors contributing to fractures is essential for tailoring preventive interventions and optimizing treatment outcomes [6].

The management of fractures encompasses a range of treatment modalities aimed at restoring anatomical alignment, achieving stability, promoting healing, and preventing complications. Conservative measures such as immobilization with casts or splints are often sufficient for stable fractures with minimal displacement. However, displaced or unstable fractures may require surgical intervention, including internal fixation with plates, screws, or rods, or external fixation with specialized devices. Additionally, adjunctive therapies such as bone grafting, growth factors, and physical rehabilitation play crucial roles in facilitating fracture healing and restoring function. The selection of treatment modality depends on various factors, including the type and location of the fracture, the patient's age and comorbidities, and the

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