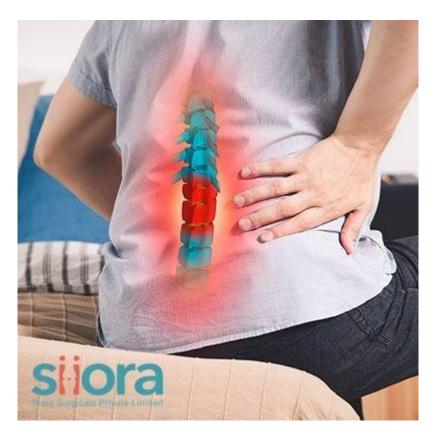# Compression Fractures of the Back - What You need to Know About

Fractures have become one of the most common problems in people, especially in elderlies. As we age a number of health conditions surround us, and they cause other complications. One of the orthopedic conditions that are seen commonly in elderlies is Osteoporosis, and that is also a reason why they are prone to developing fractures. In certain cases, the fractures are so severe that surgery is required, and it often involves the use of **Orthopedic Implants**.

In this post, we discuss compression fractures of the back, which are also commonly noticed in people above 60.

Spinal injuries are often troublesome as they limit the activity level of the affected person. This means the person won't be able to perform the full range of motions that involve their back. Besides this, the condition is painful as well. Let us talk deep about compression fractures.

What Are Compression Fractures?

A compression fracture is when any of the vertebrae (bones that form the spine) get ruptured around 15 to 20 %. These are common conditions seen in elderlies as the major cause of compression fractures is osteoporosis, a condition characterized by weak and porous bones. And, osteoporosis is seen commonly in elderlies only. Let us talk about their causes in detail.

What Are the Causes of Compression Fractures?

The key cause of compression fractures is weak bones, and this could happen due to multiple reasons.

Age

Aging is often associated with the weakening of bones that make people prone to compression as well as other types of fractures.

Menopause

Compression fractures are also noticed in women over 50 as hormonal changes occurring due to menopause cause a significant drop in oestrogen, a hormone that helps prevent bone loss. Thus, women after menopause are prone to developing this condition.

Osteoporosis

As we are discussing from the start, osteoporotic people are at high risk of compression fractures, and the reason for this is that osteoporosis makes bones brittle and porous. Thus, they can break easily without any significant cause. In the case of severe osteoporosis, even coughing and sneezing could cause compression fractures.

Poor Diet

Any orthopedic problem especially related to bones relies heavily on the diet of the person. Those who take a poor diet that lacks nutrients like calcium, vitamin D, omega 3, and others tend to have weak bones that can break easily.

How Compression Fractures Are diagnosed?

The diagnosis of compression fracture starts with the physical examination where the healthcare service provider notices kyphosis and other symptoms like painful areas and movements. After that, imaging tests like X-rays are performed to detect the exact location and severity of the condition. Sometimes, the doctor also performs:

- ✔ Bone density test
- ✔ CT scan
- ✔ MRI

How Are Compression Fractures Treated?

The treatment of compression fractures is largely based on the severity seen during the diagnosis. For the treatment, the healthcare service provider often suggests bed rest along with prescribed medicines and supplements for calcium & vitamin D. To support the damaged vertebrae and keep

the posture upright, a back brace is also recommended. Besides this, targeted physical therapy often helps in strengthening the muscles and improving the flexibility of the affected area.

Surgery is done in severe cases when all the above-mentioned methods fail to provide results.

For the content source, contact Siora Surgicals Pvt. Ltd., a trustworthy manufacturer of international standard quality orthopedic devices. The company is also looking to become one of the best **Orthopaedic Companies in Estonia**.

Contact Information:

Siora Surgicals Pvt. Ltd.
Address: WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India
Mobile: +(91)-9810021264
Email: online@siora.net

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