

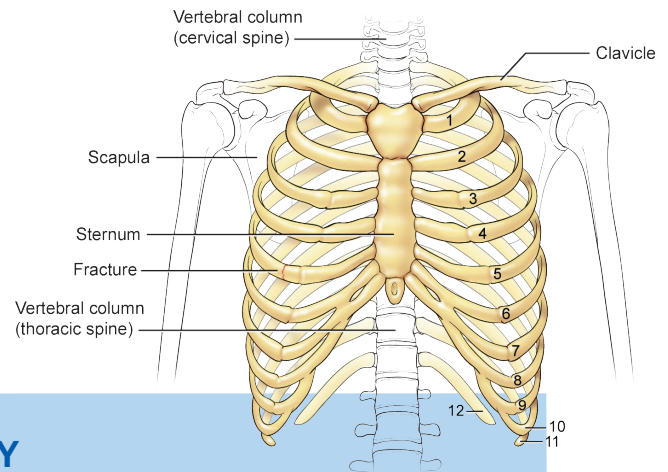


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## RIB FRACTURE

The ribs join the upper back to the sternum forming the chest. The bony architecture of the ribs gives the chest area its stability. There are 12 pairs of ribs. Seven pairs are directly attached to the spine and 3 pairs attach indirectly to the sternum the remaining two pairs attach only to the spine. Rib fractures are not common, and should be taken seriously due to the complications that can arise.



### FACTORS THAT CONTRIBUTE TO MY INJURY

Rib fractures can occur from high-impact trauma, falls, or athletic injuries. Ribs 5 – 9 are the most commonly injured because their stable attachments to the sternum and spine make them inflexible. The upper ribs (1 – 4) are rarely fractured since they are protected by the shoulder and shoulder blade.

### SIGNS AND SYMPTOMS

- Localized or pinpoint tenderness along rib
- Pain with deep breathing, coughing, sneezing, or laughing
- Crepitus or grinding over injury site
- Pain with any upper body movement, especially rotation
- Shallow, quick (gasping) breaths

### TREATMENT

- Rib fractures are very painful and can be very debilitating.
- See a physician to rule out internal injuries
  - Hold pillow to injured site when coughing or sneezing
  - Wrap ribs with an ace bandage

### SIGNS OF INJURY ASSOCIATED WITH THE FRACTURE

- Spitting or coughing blood
- Blood in urine or stool



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