



INJURY PREVENTION

-FRACTURE-

1. Complete the sentence.

It is a in the bone due to an force.

2. Link each prevention measure with its explanation.

Avoid falls

Staying fit

Eating right

Eat foods rich in calcium and vitamin D such as almonds, milk, eggs or vegetables, among others.

Pay attention to your surroundings.

Practice non-competitive exercise on a regular frequency.

3. What to do if we have a fracture? Select the correct ones.

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|--|--|---------------------------------------|
| ☐ Mobilization. | ☐ Immobilization. | ☐ Compression. |
| ☐ Attends the doctor. | ☐ Put it on yourself. | ☐ Surgery. |

4. What types of fractures are there?

- | | | |
|---|---|---|
| ☐ Semifracture. | ☐ Closed fracture. | ☐ Interosseous fracture. |
| ☐ Open fracture. | ☐ Bone sprain. | ☐ Median fracture. |