



## 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.

- |  |  |                                       |
|--|--|---------------------------------------|
| <input type="checkbox"/> Mobilization.       | <input type="checkbox"/> Immobilization.     | <input type="checkbox"/> Compression. |
| <input type="checkbox"/> Attends the doctor. | <input type="checkbox"/> Put it on yourself. | <input type="checkbox"/> Surgery.     |

#### 4. What types of fractures are there?

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Semifracture.  | <input type="checkbox"/> Closed fracture. | <input type="checkbox"/> Interosseous fracture. |
| <input type="checkbox"/> Open fracture. | <input type="checkbox"/> Bone sprain.     | <input type="checkbox"/> Median fracture.       |