



## 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.