

Fibula Fractures - What You Should Know



There are two long bones present in our lower leg, the tibia, and the fibula. If we talk about the fibula, it is present on the outside of the leg. Both these bones, the tibia and fibula joints at the knee and the ankle while providing support to the joints and muscles in the lower leg.

When a break occurs in the fibula bone, the condition is known as fibula fracture. This occurs due to an impact on the outside of the lower leg. Besides this, overuse of fibula could also result in fracture, namely, stress fracture. Severe cases of the condition require surgery involving the use of [Trauma Implants](#). This post will focus on fibula fractures along with their causes, diagnosis, and treatment.

What Are Fibula Fractures?

The fibula is one of the bones present in our lower leg, and it is prone to break due to different causes. This bone is known to support the leg, ankle, and body while bearing around 17% of the total body's weight. A fracture to this bone could cause difficulty in maintaining the body's balance along with other complications.

What Are the Types of Fibula Fractures?

Depending upon the cause and severity, fibula fractures can be classified into different types.

Lateral malleolus fracture – a condition where the break occurs around the ankle

Fibular head fracture – this is when the break occurs near the knee

Avulsion fracture – in this situation, a small bone portion gets pulled off

Stress fracture – it is a condition where a small crack develops into the bone due to overuse

Shaft fracture – when the break occurs in the middle of the leg, the condition is known as shaft fracture

What Are the Symptoms Associated with Fibula Fractures?

Fractures are painful and along with this, swelling is also on the cards. Apart from these two, there are also other symptoms associated with the condition, and they include:

- ✓ Pain while putting pressure on the injured leg
- ✓ Deformity
- ✓ Bruising and tenderness
- ✓ In the case of a neurovascular injury, tingling or numbness may also be experienced

How Fibula Fractures Are Diagnosed?

Diagnosis of the condition starts with the physical examination where the healthcare service provider looks for visible symptoms including deformity, painful movements, swelling, bruising, and tenderness. Besides this, questions regarding symptoms experienced by the patient are also asked. Now, to confirm the severity and location of the injury, some imaging tests are also ordered, and they may include:

- ✓ X-ray
- ✓ MRI
- ✓ Bone scans
- ✓ CT scans

How Are Fibula Fractures Treated?

The treatment of fibula fractures depends upon the severity and the exact location of the fracture. If the fracture is mild or moderate, the condition can be fixed without surgery. Closed reduction, physical therapy, and medications to curb pain & inflammation come under non-surgical treatment methods. Along with this, the healthcare service provider may also apply a cast or splint, if required.

Severe fractures like open/compound or displaced fractures require surgical intervention. During surgery, trauma implants like orthopedic implants plates, metal screws, wires, and pins are used to stabilize the fractured bone fragments.

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