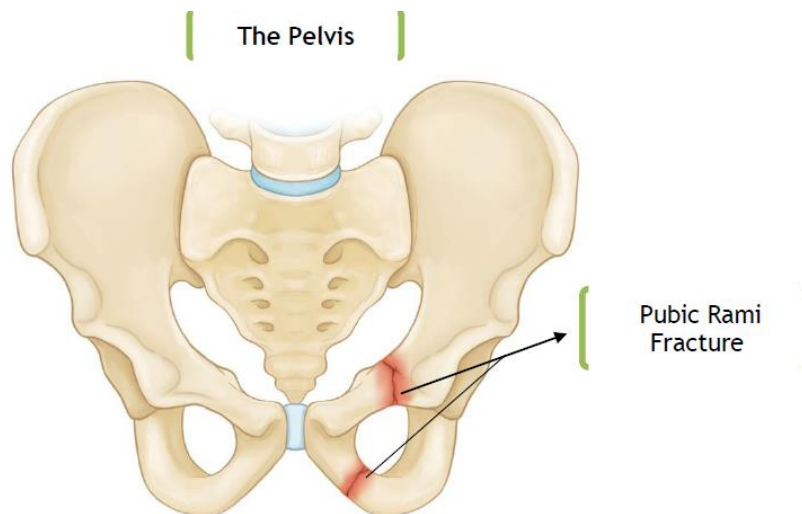


Fractured Pubic Rami

You have been given this information leaflet by your doctor if they told you that you have suffered a 'pubic rami fracture'.

What are pubic rami?



The pubic rami are a group of bones that make up part of the pelvis, and a fracture means that there has been a break in one of these bones. It is common to break your pubic ramus after having a fall and landing on your side.

How is it treated?

It is treated conservatively, which means that no surgical intervention is required. It will heal on its own. You can fully weight bear as pain allows and there are no limitations to range of movement, only to avoid twisting the leg.

Movement and mobility are essential in helping this injury to heal. You are encouraged to walk a short distance only, but at regular intervals, and may find that you need to use a walking aid to help you.

Applying weight over your fractured side will cause pain when walking, and therefore it is important to take regular pain control throughout the day, as guided by your doctor.

A pubic rami fracture will normally heal within 6 to 8 weeks, but you will find that the discomfort you experience should gradually become less during this time. You should have been assessed by a member of the nursing or physiotherapy therapy team before being discharged, to make sure that you are safe to mobilise on your feet.

Everyday activities

Walking: use the walking aid provided by the therapist; gradually increase how far you walk as able.

Stairs: Going up: unaffected leg goes up first, followed by the affected leg, and finally walking aid.

Going down: the walking aid goes down first, followed by the affected leg and then the unaffected leg.

Getting in and out of bed: When getting into bed, try and shuffle your bottom back onto the bed as far as possible before lifting your legs up. You can sleep in whichever position you find most comfortable, but placing a pillow between your knees when sleeping on your side may be helpful.

Sitting: avoid sitting on low chairs for prolonged periods of time. Use your hands on the arms of the chair to help gently lower yourself.

Washing and dressing: initially you may need to sit when washing and getting dressed due to the the pain felt when standing. Dress your affected leg first and undress it last.

Bathing/showering: this may be difficult initially as you may have to bend to get in or out, so take care when stepping into the bath/shower. If you feel unable to do this safely, you should strip wash. If you have a shower cubicle, you should step in with you unaffected leg first. Wash your legs and feet with long-handled aids or assistance as required.

When getting into a car: have the seat pushed right back and slightly reclined. Stand with your back to the seat and slowly lower yourself to the edge of the seat. Push yourself backwards towards the driver's seat as far as you can go, then lift your legs slowly.

When getting out of the car: try to step out onto the road rather than straight onto the pavement.

SUMMARY

You have been sent home by your doctor because they did not think that you needed to stay in hospital for treatment. However, it is important that you take the painkillers you have been given as directed by the doctor; if your pain is still not controlled, seek advice from your family doctor.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>
www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743