

Pt Sticker or, complete the following

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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DOB: \_\_\_\_\_ Ph: (h): \_\_\_\_\_

(m): \_\_\_\_\_

URN: \_\_\_\_\_ (w): \_\_\_\_\_

## Physiotherapy

# Rib Injuries

Rib fractures are common injuries of the chest. However, simple fractures and sprains present and are treated the same way. Only serious rib fractures that may involve underlying organs require an X-Ray.

Signs of more serious injuries include:

- Fever
- Shortness of breath
- Uncontrollable cough
- Cough thick, discoloured phlegm
- Abdominal pain

***If you experience any of the above or are concerned contact your doctor or emergency department immediately.***

### Pain Control

- Your pain may last up to 8 weeks.
- It is most important that your pain is well controlled. Physiotherapy exercises will not be effective at keeping your chest clear unless your pain is minimal.
- Take your pain relieving medications as prescribed by your doctor, and continue to speak with your local doctor or pharmacist about maintaining your pain relief. This should provide you with a good and constant level of pain relief which will avoid peaks of pain.

### Activity

- Strenuous activities should be avoided for the first 3-4 weeks, then you can commence physical activity as pain allows. If the pain is increasing you are probably doing too much. Talk to your doctor or physiotherapist about this.
- If you have a fracture: Avoid contact sports for at least 6 weeks to prevent further damage, unless otherwise advised by your doctor or physiotherapist.

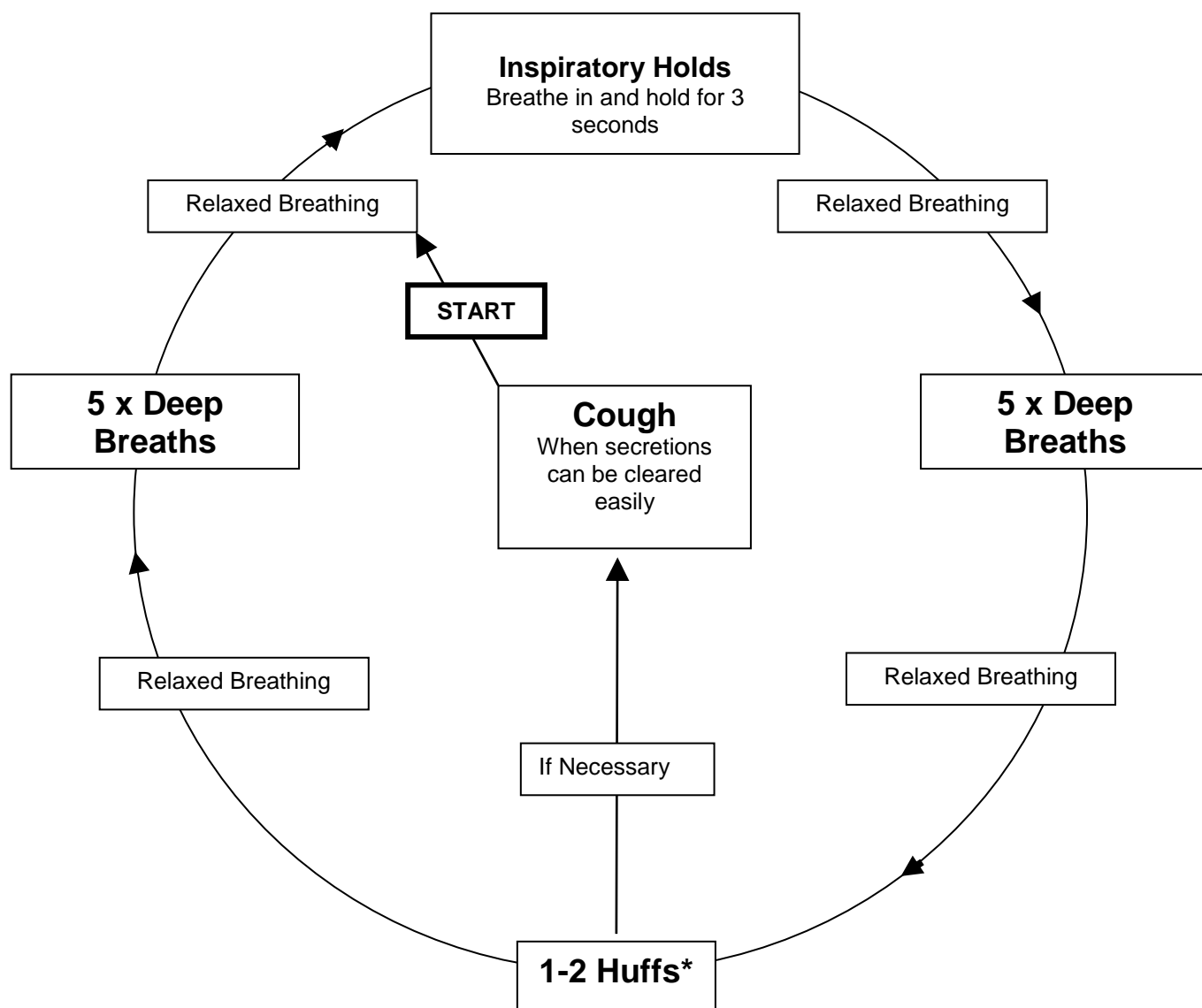


\*25110\* Advice or Information

Physiotherapy Department  
Canberra Hospital  
Level 1, Building 3  
PO Box 11, Woden, ACT, 2606  
Phone: (02) 6244 2154 Fax: (02) 6244 3692

## Avoiding Complications

- Perform the following active cycle of breathing exercises to prevent complications such as pneumonia.
- Older people, smokers, those with lung disease, and people with multiple rib fractures are more at risk of developing such complications.



- Try holding a cushion firmly against the painful site when you huff & cough to decrease the pain.
- Sit out of bed and keep moving as much as you feel comfortable. This will decrease the risk of developing lung complications.

Physiotherapist \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Name & Designation)

*If you require further physiotherapy either seek private options through the yellow pages or contact the Community Health Intake by phoning (02) 6207 9977.*

