

Fractured Fibula



What is a fractured fibula?

The two bones of the lower leg consist of the tibia (the larger bone) and the fibula (the smaller bone on the outside of the leg). The fibula is not a weight bearing bone so it tends to heal much faster than the tibia. A fibular fracture (break of the bone) often occurs in combination with an ankle sprain. The most common location of a fibula fracture is near the ankle.

What are the symptoms?

Symptoms include localized swelling, pain, bruising and difficulty walking.

Treatment:

If you believe that you may have fractured the fibula bone you should first see your physician or an orthopedic specialist. A fracture is diagnosed with an X-ray. Following diagnosis the ankle will be immobilized. Depending on the extent of the fracture surgery may be indicated to place a plate or screws in to stabilize the bone. Once the fracture has healed physical therapy may be recommended by your doctor to improve mobility.

If you would like more information about this issue, or need a physician referral in your area, please call us at 310-860-9720.