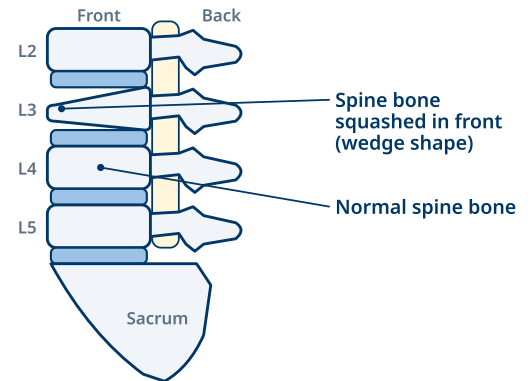


Vertebral Compression Fractures

What it is

A compression fracture is a break in one of the bones of the spine. The bone gets squashed down. It often happens in people with thin bones, sometimes after a small fall or even a cough.



Common symptoms

- Sudden onset of mid or low back pain
- Pain worse with standing or walking
- Pain eased by lying down
- Height loss or a stooped posture

Self-care tips

- Prevent falls: clear clutter, use night lights and add grab bars.
- Ask us about calcium, vitamin D and bone medicines.
- Weight-bearing activity, like walking, may help keep bones strong.
- Avoid heavy lifting and deep bending forward.

What to expect at GSMC

At your visit: We ask about your symptoms and examine you.

Tests: You may need X-rays, an MRI or other tests. Not everyone needs them.

Your plan: We talk about your options, starting with the simplest steps. We decide together.

When to call us

- Pain that keeps getting worse, or does not get better with care
- New numbness, tingling or weakness in an arm or leg
- Pain with fever, chills or weight loss you cannot explain
- Pain that keeps you from sleeping or doing daily tasks

Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/conditions/vertebral-compression-fractures/



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This handout is general information and is not a substitute for medical advice.