

Focus On: Avulsion Fracture

An avulsion fracture is a type of broken bone.

It occurs when an injury causes a ligament or tendon to break off a small piece of a bone that it's attached to.

The ligament or tendon also may be damaged.

This type of injury can happen in different parts of the body, such as the ankle, foot, arm, knee, hip, or pelvis.

You may feel a pop and sudden pain when the fracture occurs.

You will probably have some pain, bruising, and swelling in the area of the fracture.

Small fractures are usually treated with ice, rest, and over-the-counter pain medicine.

You may need a splint or a cast. And physical therapy can also be helpful.

You may need surgery if the bone fragment is large and widely separated from the rest of the bone, or if a tendon or ligament is badly detached.

To learn more about avulsion fracture, talk to your doctor.