



Tibial Fractures



Overview

This is a break of the shinbone. That's the larger of the two bones in the lower leg. Tibias are strong bones that support most of your body's weight.

Causes

Fracturing a tibia requires a lot of force. You can break a tibia in a traumatic accident. Road accidents are common culprits. Falls are, too. Tibia fractures are also a problem for skiers, and for people who play contact sports. Diseases that weaken your bones can make a fracture more likely.

Types of Fractures

There are many types of fractures. You can have a small crack in the bone, or the bone can be broken into two or more parts. A break in the upper or lower part of the bone may also damage the knee or ankle joint.

Symptoms

A tibia fracture is painful. Your leg may swell, and you may not be able to put any weight on it. If you have a bad fracture, your bone may shift. It can push against or even through your skin. And if a broken bone presses against a nerve in your leg, it can cause a loss of feeling in your foot.

Treatment

Treatment options depend on your fracture. Some fractures can heal in a cast, but others need surgery. Your healthcare provider can create a plan that's right for you.