

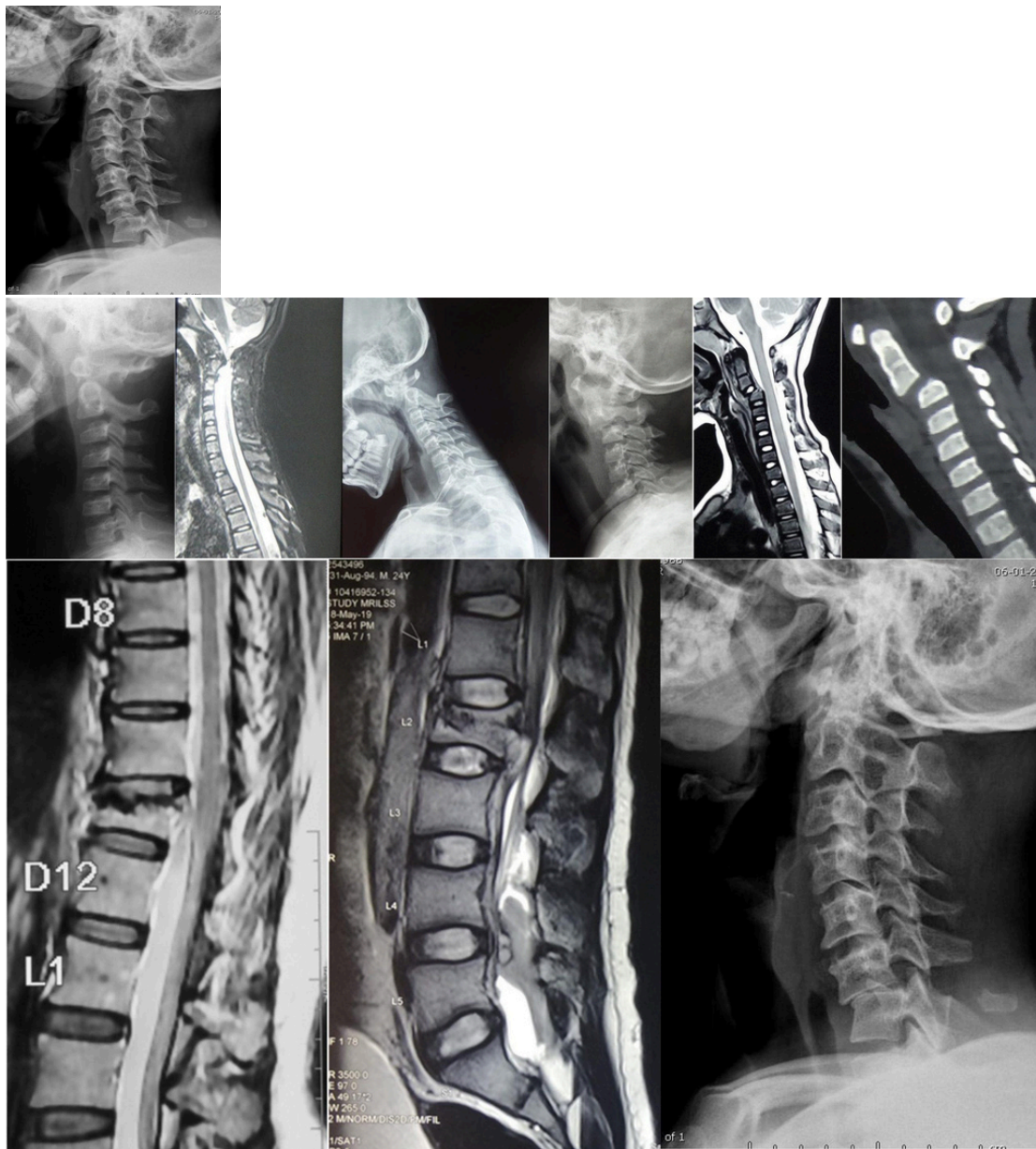


Regd. No.3095/DMC  
**Dr. Shankar Acharya**

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## Spinal fracture

A **Spinal fracture** is a break or crack in one or more bones of the spine (vertebrae). It can happen due to accidents, falls, or medical conditions like osteoporosis. The spine is made up of 33 vertebrae that support your body, protect your spinal cord, and allow movement. When a spinal fracture happens, it can cause pain, limit mobility, or, in severe cases, affect nerve function.



## Causes

□ Road accidents, sports injuries, or falls from heights.



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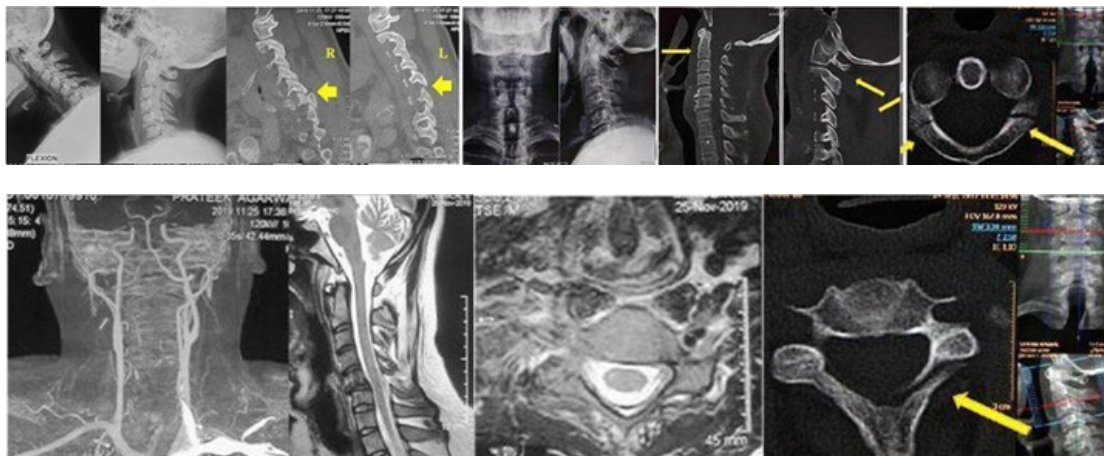
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- ☐ Osteoporosis (weak bones) makes the spine more prone to fractures.
- ☐ Cancer or infections weakening the spine
- ☐ Repeated strain on the spine can lead to small fractures, called stress fractures.

## Whiplash Spinal Fractures: Impact of Neck Injuries

Whiplash spinal fractures refer to injuries that occur in the neck area of the spine, typically caused by sudden, forceful movements like those in car accidents. This type of injury involves damage to the vertebrae, ligaments, and muscles in the neck. It can lead to severe pain, stiffness, and discomfort. Early treatment is important to prevent long-term complications and improve recovery. Whiplash spinal fractures are most commonly caused by a sudden and forceful impact, such as in:

- ☐ **Car Accidents:** A rear-end collision can cause the head and neck to snap forward and backward rapidly, resulting in injury.
- ☐ **Falls:** A fall onto the back or neck may also cause the vertebrae to fracture.
- ☐ **Sports Injuries:** High-impact sports like football, rugby, or cycling accidents can lead to whiplash injuries.



## Symptoms of Whiplash Spinal Fractures



Symptoms can vary depending on the severity of the fracture, but common signs include:

- **Neck pain:** Often severe and made worse by movement.
- **Stiffness:** Difficulty turning or moving the neck.
- **Headaches:** Usually at the base of the skull.
- **Swelling and bruising:** Around the neck area.
- **Tingling or numbness:** In the arms or hands if nerves are affected.

In more severe cases, whiplash injuries may lead to weakness in the arms, trouble breathing, or loss of bowel/bladder control, which requires immediate medical attention.

## Treatment for Whiplash Spinal Fractures

Treatment depends on the severity of the injury. In many cases, mild whiplash injuries may only need conservative care, while more severe fractures may require surgical intervention.

### 1. Conservative Treatment

- **Rest:** Giving the neck time to heal.
- **Ice and Heat Therapy:** Reducing pain and swelling.
- **Pain Relief:** Over-the-counter medications or prescribed pain relievers.
- **Physical Therapy:** Exercises to strengthen muscles and improve flexibility.

### 2. Bracing

A neck brace may be used to stabilize the neck and support healing.





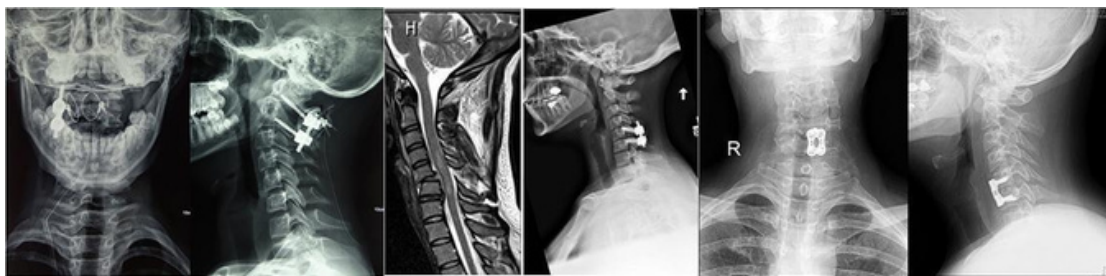


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### 3. Surgery

For severe fractures, especially if the bone is misaligned or if nerves are compressed, surgery may be necessary. [Dr. Shankar Acharya](#) specializes in advanced surgical techniques to restore spinal alignment and function.



## Types of Spinal Fractures

### 1. Compression Fractures

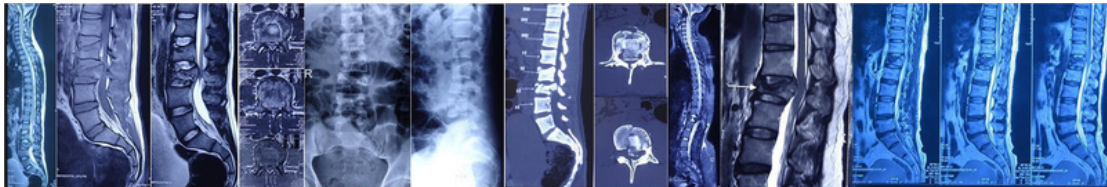
- **What It Is:** A fracture where the front of the vertebra collapses, creating a wedge shape.
- **Causes:** Often linked to osteoporosis or minor trauma in people with weak bones.
- **Symptoms:** Sudden back pain, height loss, and a hunched posture.



### 2. Burst Fractures

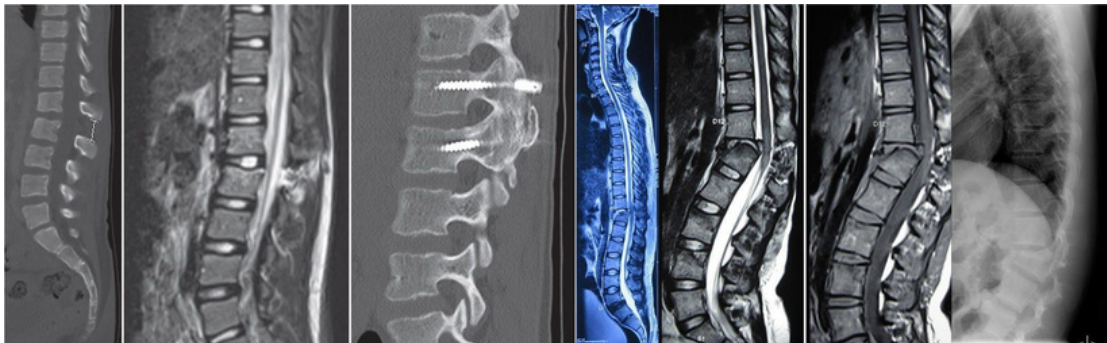
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- **What It Is:** A more severe fracture where the vertebra breaks into several pieces, possibly affecting the spinal cord.
- **Causes:** High-impact injuries like car accidents or falls.

- ☐ **Symptoms:** Intense back pain, possible nerve damage, and difficulty moving.



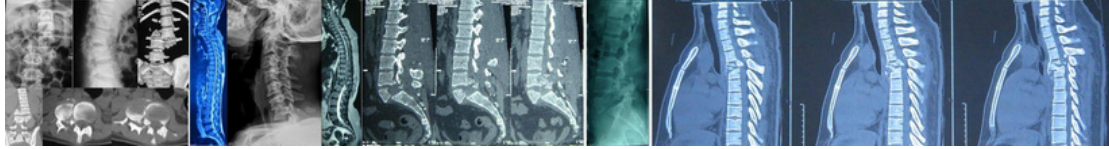
### 3. Flexion-Distract Fractures (Seat Belt Injuries)

- ☐ **What It Is:** The vertebra is pulled apart due to a forceful forward motion.
- ☐ **Causes:** Often seen in car accidents when the upper body is thrust forward while the lower body stays in place.
- ☐ **Symptoms:** Severe pain and possible nerve issues if the spinal cord is affected



### 4. Fractures – Dislocations

- ☐ **What It Is:** A combination of a fracture and the displacement of vertebrae, often causing severe instability.
- ☐ **Causes:** High-energy trauma, such as falls from height or accidents.
- ☐ **Symptoms:** Extreme pain, nerve damage, and loss of spinal alignment.



## 5. Pathological Fractures

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**What It Is:** A fracture caused by weakened bones due to diseases like cancer, osteoporosis, or infections.

**Causes:** Minimal trauma or everyday activities can lead to these fractures in fragile bones.

**Symptoms:** Pain that worsens with activity, swelling, and difficulty moving.



## 6. Stress Fractures

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□ **What It Is:** Small cracks in the vertebrae caused by repetitive stress or overuse.

□ **Causes:** Common in athletes or people with repetitive movements putting strain on the spine.

□ **Symptoms:** Localized pain that improves with rest.

## SYMPTOMS OF A SPINAL FRACTURE

Signs of a spinal fracture depend on the severity but may include:

□

- Sudden, severe back pain
- Limited mobility or difficulty bending
- Pain that worsens with movement or standing



- ☐ In severe cases, loss of bladder or bowel control
- ☐ Numbness, tingling, or weakness (if nerves are affected)

## HOW IS A SPINAL FRACTURE DIAGNOSED?

Dr. Shankar Acharya, a senior spine surgeon with over 30 years of experience, uses a comprehensive approach for diagnosis:

Understanding! how the injury occurred and assessing symptoms ?

- ☐ **X-rays:** To identify fractures.
- ☐ **CT Scans:** For detailed images of the bones.
- ☐ **MRI:** To check for nerve or spinal cord involvement.

## Treatment Options for Spinal Fractures

Treatment depends on the type and severity of the fracture. Early intervention can prevent complications and help recovery.

### 1. Conservative Treatment

- ☐ **Rest and Bracing:** Wearing a spinal brace supports the back and reduces pain.
- ☐ **Pain Management:** Medications to relieve pain.
- ☐ **Physical Therapy:** Gentle exercises to restore mobility and strengthen the back.



### 2. Minimally Invasive Procedures

**Kyphoplasty/Vertebroplasty:** These procedures stabilize compression fractures using special bone cement.



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### 3. Surgery

For severe fractures causing instability or nerve damage, surgery may be needed. [Dr. Shankar Acharya](#) specializes in advanced surgical techniques to stabilize and repair the spine.



### LIVING WITH A SPINAL FRACTURE (Some Tips)

- ☐ □
- ☐ **Avoid Heavy Lifting:** Let your spine heal without additional strain.
- ☐ **Follow Medical Advice:** Attend follow-up appointments and Strict to your treatment plan.





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- ☐ **Stay Active (Carefully):** Once your doctor allows, light activities like walking can improve healing.
- ☐ **Prevent Future Fractures:** Maintain strong bones through a healthy diet rich in calcium and vitamin D, and regular exercise.

## WHY TRUST DR. SHANKAR ACHARYA FOR SPINE CARE?

Dr. Shankar Acharya is a senior consultant and spine surgeon at **Sir Ganga Ram Hospital** in New Delhi, with over three decades of experience. He is an expert in treating spinal fractures, using both advanced surgical methods and non-surgical approaches to ensure the best outcomes. His compassionate care has helped patients from all walks of life regain their health and mobility.



**SIR GANGA RAM HOSPITAL**  
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[www.SpineSurgeonInIndia.com](http://www.SpineSurgeonInIndia.com)