



A vertebral fracture can be one or more broken bones in the spine. Multiple fractures of the spine or unstable injuries can cause severe pain and even damage the spinal cord.

CAUSES

- Fall
- Trauma
- Osteoporosis
- Lifting, bending or jarring the spine (missing a step or slipping on ice)

SYMPTOMS

- Sudden onset of back pain
- Pain worsens with standing or walking
- Symptoms improve while lying flat on the back
- Height loss
- Inability to bend or use the spine

TREATMENT

- Bedrest
- Bracing
- Medication
 - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
 - Acetaminophen to decrease pain
 - Prescription pain medicine
- Surgery

SEEK IMMEDIATE MEDICAL CARE IF:

- You have increasing pain, vomiting or are unable to move around at all.
- You develop numbness, tingling, weakness or cannot move any part of your body.
- You have loss of bowel or bladder function (incontinence).