

How do bones heal?



Fracture

(Broken Bone)

1-2 days



Soft Callus

3-4 weeks



The doctor
uses an XRAY
to take a
photo of your
bones

You
make
cells
glue
bones
together



Broken bones heal in stages.

The time it takes for a bone to heal depends on how old you are, as well as other things like the kind of broken bone you have and nutrition (what you eat and drink).

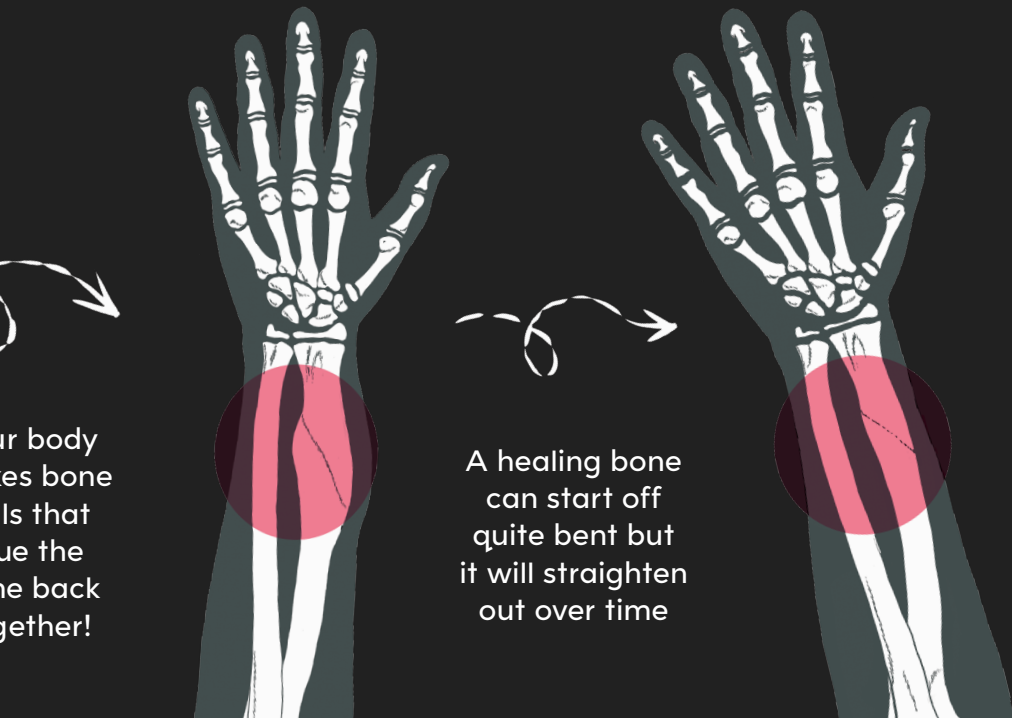
**Bones heal faster in children
than in grown-ups**

Bony Callus

4-8 weeks

Remodelling

months-years



Baby
3-4 weeks



8 year old
8 weeks



12 year old
12 weeks



Adult
16+ weeks

Approximate time for a broken thighbone (femur) to heal

When your cast comes off...

Your arm or leg might
still look a bit bent,
but that's ok!
It will straighten
out over time



You can start
using your
healed arm or
leg like normal.



Avoid high impact
activities for
several weeks
following cast
removal

**If you have any concerns following the removal of your cast,
please contact your family GP**