

Physiotherapy Department - Orthopaedics

Fractured Shaft of Femur (Inter-Medullary) IM Nail

What is a fractured shaft of femur?

A fractured shaft of femur is a break in the long, straight part of the thigh bone. The femur is the longest and strongest bone of the body and a break is usually the result of a motor vehicle collision or a heavy fall.

How is it treated?

Your fracture has been fixed by an orthopaedic surgeon with an Inter-Medullary Nail (IM Nail). An IM nail is a titanium rod that is surgically inserted into the hollow centre of the bone and is fixed in place with screws. This will keep the bone ends together and allow them to knit together over time, giving a strong, stable, full length fixation.



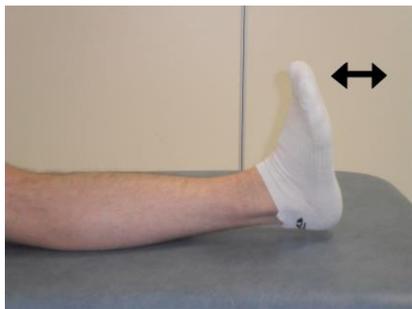
What to expect afterwards

You will need to rest until the effects of the anaesthetic have worn off. You will be given painkillers which will make you feel more comfortable and enable you to move your leg. Swelling is to be expected after this type of injury and may last for a few weeks. Applying an ice pack for 15 minutes will help bring down the swelling and can help ease the pain. This process can be continued at home by using some frozen peas wrapped in a damp towel.

Usually, you will be able to get out of bed with the guidance of a physiotherapist the day after your surgery. You may also be able to commence walking with a frame or elbow crutches. Your physiotherapist will advise you how much weight you can put through your affected leg and will work with you to improve your mobility, joint range of movement and muscle strength until you are ready for home.

Exercises

To get the best outcome from your surgery it is essential that you do the exercises given to you by your physiotherapist at least three times daily.



1) Ankle pumps

Whilst lying on your back, briskly point your toes up and down for the count of ten.



2) Static quadriceps

Pull your toes up towards your shin, tighten the thigh muscles at the front of your leg and push the back of your knee into the bed. Hold for 5 seconds and **repeat 10 times**.

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3) Inner range quadriceps

Place a rolled towel underneath your knee. Push your knee down into the towel and lift your heel off the bed as high as you can, without lifting the knee from the towel. Return to the resting position and **repeat 10 times**.



4) Hip/ knee flexion in lying

Slide your heel up the bed and bend your hip and knee. Return to the resting position and **repeat 10 times**, trying to take it a little further each time.



5) Knee flexion in sitting

In a sitting position, bend your knee as much as you can. Place your good leg over the lower half of the operated one to increase the stretch and hold for 5 seconds. **Repeat 10 times**



6) Open chain quadriceps

In sitting position, lift your heel off the floor and straighten your knee. **Repeat 10 times**

Patient Information

Contact details for further information

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Document History

Department:	Physiotherapy
Contact:	024 7696 6013
Updated:	October 2019
Review:	October 2022
Version:	2.1
Reference:	HIC/LFT/2043/16