

Weber Fracture

A bone fracture that occurs in the ankle is problematic for anyone who sustains this type of injury. In addition to being painful, the recovery process can be lengthy and limit mobility.

What Causes Weber A, B, and C Fractures?

As you can imagine, the ankles are one of the most pivotal joints in the human anatomy. They are responsible for carrying all of your body weight and dispersing this weight evenly to your feet whenever you stand up, sit down, walk, jog, skip, or run.

Ankle injuries and fractures can occur from slipping, falling, tripping, over extension, stress, and repetitive use.

Weber Fracture Anatomy

A Weber fracture occurs at the bottom of the fibula which is the bone on the outside of your shin. The bone is over known as the lateral malleolus of the ankle. Depending on whether the fracture is a Weber type A, B, or C depends exactly where the fracture is on the lower part of the fibula.

How Fractures Are Treated

If you have reason to believe you have an ankle fracture, call your doctor or visit the emergency room or A&E as soon as possible. If you are unable to get medical help immediately, here are some tips to treat the pain in the meantime:

- Avoid worsening the injury by staying off the foot
- Elevate your ankle to reduce pain and swelling
- Use cold packs to reduce pain and swelling, avoid applying ice directly
- Ask a friend or relative to take you to the emergency department of your hospital

After you've met with a medical professional, they will course out the best course of action to help your bones heal. First a fracture needs to be diagnosed, and an X-ray may be performed if a fracture is suspected. Conventional treatments for fractured bones could include a cast, a walking cast, the use of crutches, an operation, or wearing a splint.

Getting Diagnosed

Ankle fractures get diagnosed by having an examination completed. When examining a patient with ankle fractures, it's essential to classify the amount of injury done to the ligament. Stability of the joint must also get tested.

The Weber classification centers on the stability of the syndesmosis, responsible for holding the ankle mortise together.

It's imperative to establish the extent of the ankle injury to correctly recognize early-stage ankle injuries and detect fractures, which may not be evident upon a brief examination.

Weber A - Weber A diagnosis comes as a result of an adduction force on the supinated foot, and the fracture is located below the level of the ankle.

Weber B - Weber B diagnosis comes as a result of an exo-rotation force on the supinated foot, and the fracture is located at the same level as the ankle joint.

Weber C - Weber C diagnosis comes as a result of an exo-rotation force on the pronated foot, and the fracture is located above the level of the ankle joint.

Tips:

- The ultimate goal for everyone who has an injured or fractured ankle is to get back on their feet again. However, always keep in mind that this could take six weeks or longer based on the degree of your injury, as well as the type of treatment you undergo.
- While recuperating, the most important tip to follow is the advice of your Primary Care Physician or care team. The chances are good that they will want you to take care not to apply too much weight or stress to the injured ankle at first. By doing so, you're putting yourself at risk of worsening the injury and delaying the healing process.
- As you start to get better, your doctor will likely suggest that you do physical therapy to begin building up your strength so that you can resume activities that were affected by the injury.
- Typically Weber fractures heal without too much difficulty and they usually do not need to be x-rayed again once they have been diagnosed, unless symptoms are worsening or the pain is not going away.