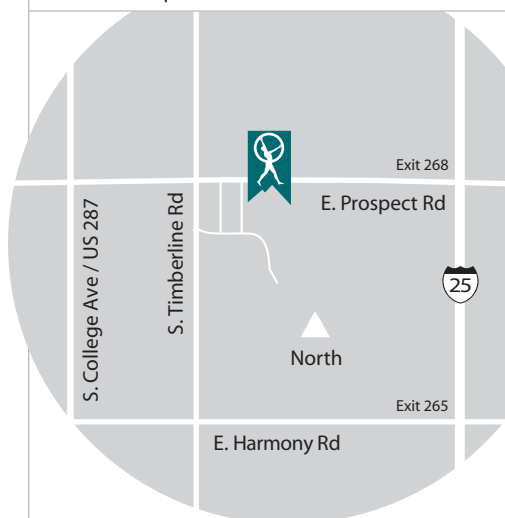


# hand injury & fracture care

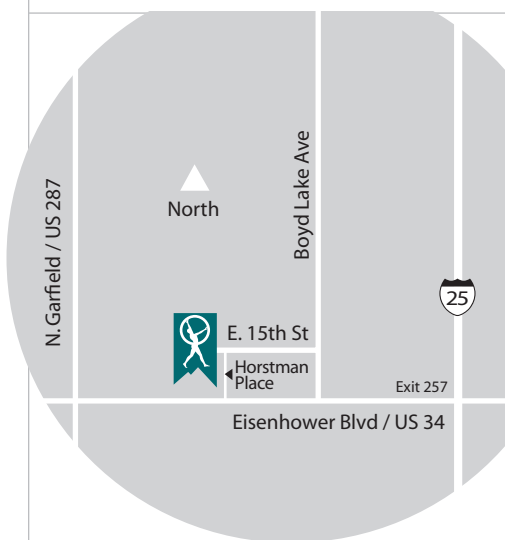
AT ORTHOPAEDIC & SPINE CENTER OF THE ROCKIES

Our basic hours for doctors appointments are 8 a.m. to 5 p.m. Monday through Friday.

**FORT COLLINS**  
2500 E. Prospect Rd



**LOVELAND**  
3470 E. 15th St



Care for fractures and hand and arm injuries are specialties at Orthopaedic & Spine Center of the Rockies.

Our board-certified, fellowship-trained physicians provide the highest level of care. We are here to make sure your injury heals as quickly and completely as possible.

## Specialized Hand-Arm Injury and Fracture Care

If you have been seen by your physician or in an emergency room, you have received initial care. Now you're being referred for follow-up care with one of our specialists.

### Appointments at our Fort Collins office

Please call 970-419-7050 or 800-722-7441 to make an appointment.

### Appointments at our Loveland office

Please call 970-663-3975 or 888-663-3975 for an appointment.

**Please call us and make an appointment before you come to our office. Thank you!**

**We have frequent appointments for patients who have fractures or hand-arm injuries. Please call ahead to make an appointment so we know to expect you. We can give you the best service and care that way.**

## Our Physicians

Robert M. Baer, MD  
Michael P. Rusnak, MD  
Riley W. Hale, MD  
Mark B. Durbin, MD  
Satoru T. Chamberlain, MD  
Steven J. Seiler, MD  
Bret C. Peterson, MD  
Mark A. McFerran, MD  
Rocci V. Trumper, MD  
Dale R. Martin, MD  
Kirk Kindsfater, MD  
Michael J. Houghton, MD  
Sean G. Grey, MD  
Robert J. Benz, MD  
David A. Beard, MD  
William D. Biggs, MD  
Wesley P. Jackson, MD  
C. Dana Clark, MD  
Ryan L. Hartman, MD  
Joshua T. Snyder, MD  
Nathan A. Hunt, DPM  
Emily M. Wasco, DPM  
Stephen J. Yemm, MD  
Thomas R. Sachtleben, MD, MS  
Vincent "Skip" Ross, MD  
Thomas M. Anderson, DO  
Kurt T. Dallow, MD  
Alissa H. Wicklund, PhD  
Ray van den Hoven, MD

## ORTHOPAEDIC & SPINE CENTER OF THE ROCKIES



*Specialists in the  
medicine of motion*

## CARE FOR HAND-ARM INJURIES & FRACTURES

If you have broken a bone or injured your hand or arm, the ER doctor or your physician may have put on a splint until you can be seen by our physician.

Before you come to our office, you may have questions about your injury. Here are some frequently asked questions:

### **What is my body's normal reaction to a fracture or injury?**

After you have an injury or broken bone, the normal healing process begins immediately with the bleeding, tenderness and swelling that you have. Your cast or splint helps minimize pain and stabilize the fracture or injured area.

### **How do I care for my injury until my appointment?**

- Elevate the injured arm or leg above your heart by propping it up with pillows or other support.
- Apply ice using a plastic bag or ice pack to the outside of your cast, splint, or dressing for the first 24-48 hours. This will reduce the swelling.
- Rest and avoid activities that cause pain or additional swelling. Rest and elevation will reduce pain and speed your healing.
- Keep the splinted area clean and dry.
- Use crutches as instructed (for fractures).
- Use aspirin, acetaminophen (Tylenol) or ibuprofen (Motrin), as recommended by your emergency or regular physician.

### **What symptoms should I be concerned about?**

- Numbness or circulation problems
- Excessive swelling
- Excessive pain

If you develop any of these symptoms before your appointment with us, call your doctor or the ER where you went until you can see our specialist.

### **Do I need an appointment?**

Yes. Please call us and make an appointment before you come in (see phone numbers below). That way we will know to expect you.

**Fort Collins:** 2500 E. Prospect Rd / Fort Collins, CO 80525 / Phone: 970-493-0112 / Fax: 970-493-0521 / Toll-Free: 800-722-7441

**Loveland:** 3470 E. 15th St / Loveland, CO 80538 / Phone: 970-663-3975 / Fax: 970-663-2235 / Toll-Free: 888-663-3975

**Greeley:** 1900 16th St., 3rd Floor / Greeley, CO 80631

[www.orthohealth.com](http://www.orthohealth.com)