



# Sports in Your Community

You're on a Quest!

## Sticks and Stones: Are All Broken Bones Equal?

**H**ave you or someone you know ever broken a bone? Have you ever wondered how medical techniques have changed over the years to help people heal and recover from bone injuries?

In this activity, you will interview family members, friends, and neighbors who have had broken bones. It will be most interesting if you can find people representing a variety of ages, including some who may have broken bones during different decades over the past 50 years. Also see if you can find people who have undergone a variety of medical techniques to treat their injuries, such as artificial replacement bones and joints, pins in their bones, electronic equipment to relieve pain, and so on.

**A.** Collect information about each broken bone situation. Ask your research "patients" the following questions:

- Which bone did you break?
- What were you doing when it happened?
- Did any other organs (such as muscles, tendons, ligaments) suffer injury?
- What medical treatments were used on you to promote healing?
- What did it feel like right after the break? What did it feel like at different times during the healing process?
- How long did it take your bone to heal?
- What special exercises or other healing regimens did you have to follow?

**B.** Once you have collected some stories, think about all that you've learned. Does it seem as if some bones are easier to heal than others? Are ligaments more challenging or less challenging than bones in terms of overcoming injury?

**C.** Share your results with your classmates.



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