

HEALTH CARE SPANISH

Health Care Spanish Newsletter

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Learning on the Go!

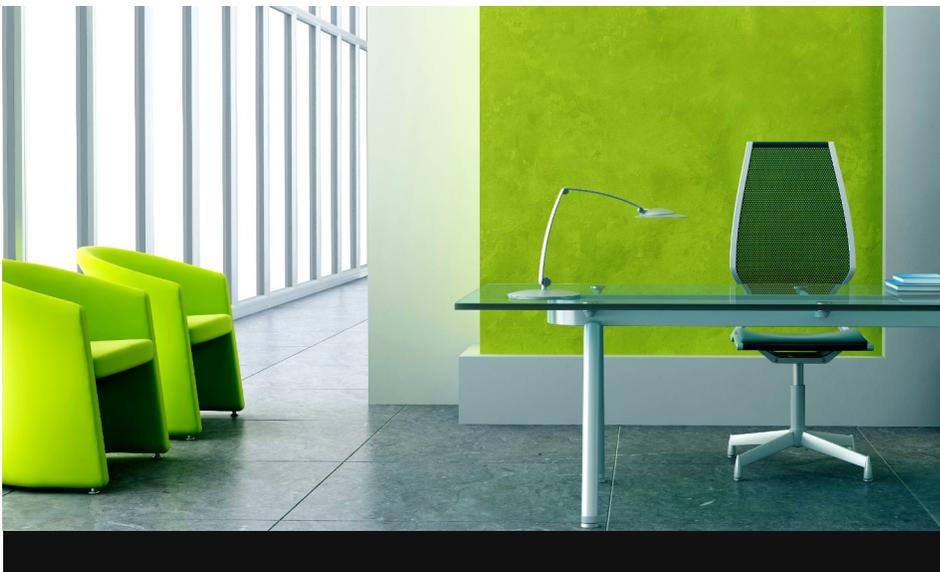
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save them for later use such as with a patient or as a study guide for coursework.

Help Others by Providing Feedback

Part of Health Care Spanish's mission is to create a useful resource for health care workers. However, there is only so much that can be done without feedback from you. Email questions or suggestions to healthcarespanish@yahoo.com

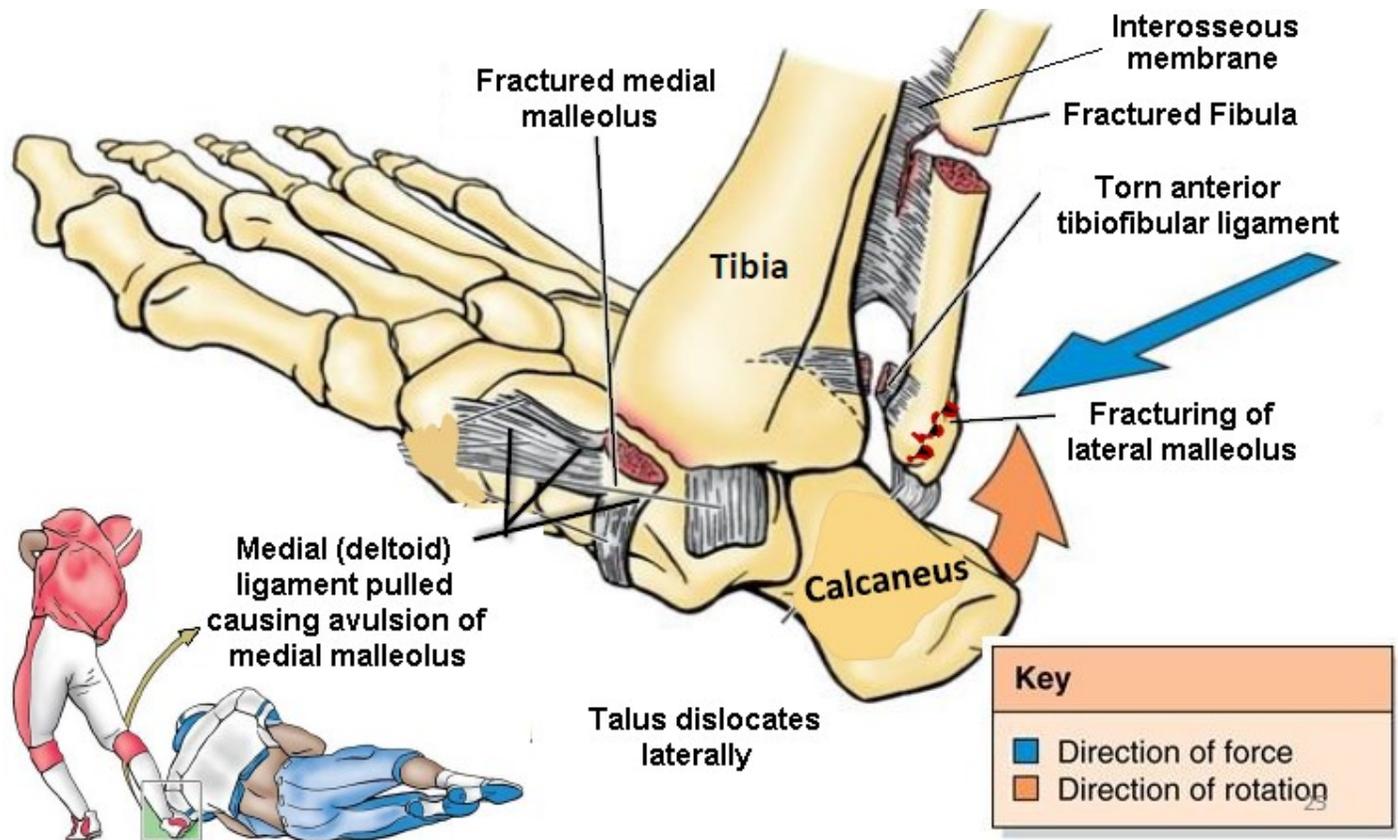
Spread the Word

Do you know other health care workers or students who need to pick up a little Español? If you find our endeavor useful, we would be grateful if you share it with others.



In This Issue

- Terms and Chart Pott's Fracture



Tibia
Calcaneus or heel bone
Fractured medial malleolus
Interosseous membrane of the leg
Fractured fibula
Torn anterior tibiofibular ligament
Fracturing of lateral malleolus
Talus dislocates laterally
Medial (deltoid) ligament pulled causing avulsion of medial malleolus

Tibia
Calcáneo
Maléolo medial fracturado
Membrana interósea de la pierna
Peroné o fíbula fracturada
Ligamento tibioperoneo anterior desgarrado
Fracturamiento del maléolo lateral
El astrágalo se disloca lateralmente
Se tira del ligamento deltoideo causando la avulsión del maléolo medial

A **Pott's fracture** is a type of ankle fracture that is characterized by the fracture of one or more malleoli. It is usually caused by the **forceful eversion** of the foot.

Una **fractura de Pott** es una fractura del tobillo caracterizada por la fractura de uno o más de los maléolos. Usualmente es causada por la **eversión forzada** del pie.

The eversion force will strain the sturdy **medial (deltoid) ligament**, often tearing off the **medial malleolus** due to its strong attachment. The talus then moves laterally, shearing off the **lateral malleolus** or, more commonly, breaking the fibula. A **fractured fibula** in addition to the detachment of the medial malleolus will tear the **tibiofibular syndesmosis**.

La fuerza de eversión tirara del resistente **ligamento deltoideo**, a menudo arrancando el **maléolo medial** debido a su fuerte adhesión. El astrágalo luego se mueve lateralmente, fracturando el **maléolo lateral** o, más comúnmente, fracturando el peroné. Una **fractura de peroné**, además del desprendimiento del maléolo medial, romperá la **sindeosis tibioperonea**.

A **syndesmosis** is a slightly movable fibrous joint in which bones such as the tibia and fibula are joined together by connective tissue.

Una **sindeosis** es una articulación fibrosa ligeramente móvil en la cual los huesos como la tibia y el peroné se unen entre sí por tejido conectivo.

Contact Us

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Contribute

We always welcome input from our readers. If there's a particular anatomy chart or topic you think is important, let's work together to share it with the healthcare community.