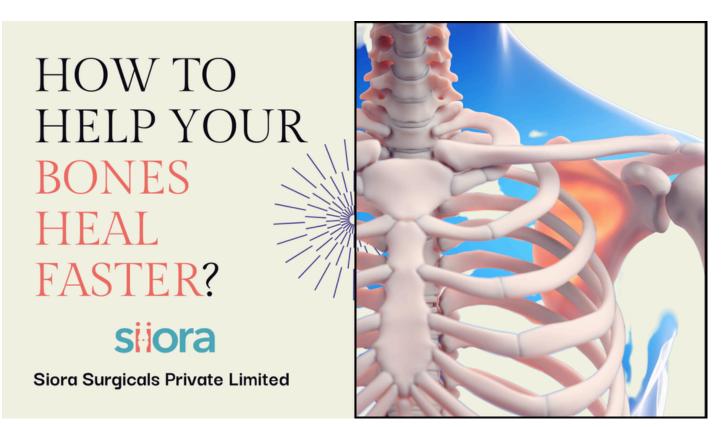


## How to Help Your Bones Heal Faster?



**Broken bones** are no fun. Whether it's a hairline fracture from a misstep or a full-blown break from a more serious accident, fractures sideline us and leave us longing for the days of pain-free movement. These injuries may sometimes require stabilization using locking compression plates and other trauma devices. While the healing process can feel slow, there are steps you can take to nudge things along and get yourself back on your feet a little quicker.