

## Sealing of the osteoporosis hernia

When the collapsed vertebra is sealed, the bone defect caused by the fracture is filled with a bone cement that is well tolerated by the body. This provides immediate load-stable support and prevents the deformity from progressing. Whenever possible, an attempt is made to straighten the vertebral body, but this depends on the time of diagnosis. With bridges that are more than 12 weeks old, straightening is usually no longer possible.

Under local anesthesia, the vertebral body is punctured and a working cannula is inserted into the vertebral body under permanent X-ray control. Special bone cement is then applied to the fracture cavity. Today, a system is also available in which a balloon is used to reopen the end plates and create the cavity to receive the bone cement. The filling of the vertebral body creates an "inner cast" that contributes to fracture stabilization. Postoperative care is very simple. The patient can get up immediately and does not need to follow any special behavioral measures. Fracture stabilization contributes to rapid pain relief and patient mobility. Important is the exact analysis of the bone metabolism and its medical therapy to prevent osteoporosis fracture.