

عنوان مقاله:

Intramedullary Plating of Complex Proximal Humerus Fractures : A Case Series

محل انتشار:

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نویسندگان:

Stephen Mc. Donald - Dept of Orthopaedics, Aberdeen Royal Infirmary, Aberdeen, Scotland

Andrel Yoong - Dept of Orthopaedics, Aberdeen Royal Infirmary, Aberdeen, Scotland

Piotr Skrzypiec - Dept of Orthopaedics, Aberdeen Royal Infirmary, Aberdeen, Scotland

Alan Johnstone - Dept of Orthopaedics, Aberdeen Royal Infirmary, Aberdeen, Scotland

خلاصه مقاله:

Objectives: To assess fracture union rates using novel intramedullary plate technique. Post-operative humeral neck-shaft angles, patient range of motion and complication profile were secondary outcomes of interest. **Methods:** Single surgeon, retrospective case series of surgical technique at major trauma centre in Scotland. A ۲.۰mm mini-fragment plate was secured to the humeral head to act as an intramedullary strut during fixation in complex proximal humerus fractures. Fracture union and neck-shaft angle were assessed radiologically, whilst range of motion and complication profiles were assessed clinically. **Results:** Twelve patients were followed up for an average of ۱۰ months post-operatively. All achieved bony union with a mean neck-shaft angle of ۱۲۸°. Mean range of motion values were ۱۰۰° forward elevation, ۸۳° abduction, ۶۰° internal rotation and ۳۷° external rotation. Four patients required further surgical intervention- two for hardware prominence, one for adhesive capsulitis and one for subsequent rotator cuff failure. There were no cases of avascular necrosis or infection. **Conclusion:** This novel technique addresses the established biomechanical propensity of proximal humerus fractures to fail in varus collapse and screw cut-out. This method provides an alternative to arthroplasty in the most severe proximal humerus fractures and is readily adopted via standard orthopaedic kit. Level of evidence: IV

کلمات کلیدی:

calcar, Complex, Proximal humeral fracture, varus collapse

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