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To evaluate the management approach in treating ulnar shaft fractures

Mohammed K M Ali
Royal Derby Hospital, UK

Aim: The aim of the study was to evaluate the management approach in treating ulnar shaft fractures

Method: We retrospectively reviewed patients' clinical notes, physiotherapy letters and radiographs.

Patients: Our study included 46 patients with isolated ulnar shaft fractures between September 2010 and December 2015 with a mean follow-up of 36 months. This included 10 females and 36 males, with a mean age of 34 years.

Main Outcome Measurements: Measures include radiographic healing, post-operative range of motion, complications and patient satisfaction.

Results: Six patients were treated non-operatively, four were fixed using RECON plates and 36 patients had DCP fixation. All the surgeries were carried out ASAP with average wait of two days. Mobilisation was commenced immediately after the surgeries non weight bearing. Thirty six patients had no complications post-operatively with good outcome and average of four visits follow-up. One patient complained of metal work irritation, one patient had a delayed union and two patients went into nonunion which required revision. No stiffness was reported in all these cases. Those who were treated non-operatively had mean follow-up of nine visits and three patients (out of six) developed non-union and required fixation.

Conclusion: High non-union and stiffness rates with non-operative management due to the nature of the injury and prolonged immobilization were observed. All the night stick fractures should be treated with open reduction and internal fixation regardless the degree of the displacement.

Level of Evidence: The level of the evidence was from Level IV, Case Series, and Treatment Study.

Biography

Mohammed K M Ali is a Junior Clinical Fellow of Trauma and Orthopaedics at Royal Derby Hospital, UK.

mohammedkhider84@hotmail.com

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