

Femoral insufficiency fractures in elderly- Excessive medial bowing complicates IM nailing

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There is recent interest in insufficiency fractures of the femur, especially in bisphosphonate-related fractures. This study evaluates the characteristics of low-energy femoral insufficiency fractures in elderly patients.

Materials and Methods: Six patients with low-energy femoral shaft and subtrochanteric fractures who admitted to our department between 2009 and 2011 were evaluated retrospectively. Of those 6 patients, 3 had prior long-term alendronate therapy and 1 had prior glucocorticoid therapy; no etiological factors could be determined in the remaining 2 patients. There were 11 femoral fractures in these 6 patients. All femoral shaft fractures had characteristic fracture patterns with thickened lateral cortices at the proximal fragment. Moreover, 6 femora of 4 patients had excessive medial femoral bowing, which complicated intramedullary nailing. Additional fractures were seen on both femora of 1 patient, who had been primarily treated with short implants. Union was achieved in all of the patients. Four of the patients could walk independently, 1 with a cane and 1 with double crutches. Low-energy femoral shaft fractures in elderly patients are a recent entity with characteristic low-energy modes of injury and radiographic fracture patterns. With this report, we suggest the addition of another radiographic pattern, as "excessive medial bowing". This bowing complicates intramedullary nailing. Moreover, these fractures should be fixed with long cephalomedullary nails.

Biography

Mehmet Atif Erol Aksekili was born in Çorum, Türkiye in 1981. He graduated 19 Mayıs University School of Medicine in 2004. He started his residency in Ankara Atatürk Training and Research Hospital in orthopedics and traumatology clinic in 2005. After he completed his residency in 2010, he worked in Osmancık State Hospital, Çorum, Türkiye for a year. He has been working as consultant in Ankara Training and Research hospital since 2011. He has published 3 papers, 7 posters and has done 3 oral presentations. He is member of AO Spine International, AO Trauma International, and TUSYAD.

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