

Surgical Approaches for Humerus Fractures and its Remarkable Resilience and Versatility

Eszter Volgyi*

Department of Orthopedics, Massachusetts Institute of Technology, Cambridge, Massachusetts, USA

INTRODUCTION

The human body is a marvel of intricate design, with each component playing a vital role in our ability to function. Among the many fascinating structures within our skeletal system, the humerus stands out as a bone of remarkable resilience and versatility. Located in the upper arm, the humerus serves as a foundation for our daily activities, enabling us to perform a wide range of tasks. In this article, we will explore the significance of the humerus, its anatomical features, and its crucial role in our daily lives. The humerus, derived from the Latin word for "shoulder," is the long bone that connects the shoulder and the elbow joints. It consists of three main parts: The proximal end, the shaft, and the distal end. At the proximal end, the rounded head of the humerus articulates with the glenoid cavity of the scapula, forming the shoulder joint. This articulation allows for an impressive range of motion, facilitating activities such as throwing, reaching, and lifting.

The shaft of the humerus acts as a bridge between the shoulder and the elbow. It is cylindrical in shape and exhibits various landmarks and muscle attachments. These features contribute to the stability and mobility of the arm, enabling us to carry out intricate movements with precision. The distal end of the humerus forms the elbow joint by articulating with the ulna and radius bones of the forearm. This joint allows for flexion and extension, crucial for actions like bending, lifting, and pushing.

DESCRIPTION

Function and importance

The humerus serves as a foundation for the attachment of numerous muscles that control the movement of the shoulder and elbow joints. These muscles, including the deltoid, biceps brachii, and triceps brachii, work in tandem to allow for a wide range of motion. From simple daily activities like combing our hair to complex actions like throwing a ball, the humerus plays an integral role in our ability to interact with the world around us.

In addition to its role in movement, the humerus also protects vital structures within the arm. It surrounds and safeguards the brachial artery, which supplies oxygenated blood to the forearm and hand, as well as the radial and ulnar nerves responsible for sensory and motor functions. This protection ensures the proper functioning of these critical structures, preventing potential damage and injury.

Common injuries and medical interventions

Despite its strength, the humerus is not impervious to injuries. Fractures of the humerus can occur due to traumatic events, such as falls, sports-related accidents, or motor vehicle collisions. These fractures can range from simple cracks to complex breaks that require surgical intervention. Fortunately, advancements in orthopedic surgery have allowed for effective treatment options, including the use of plates, screws, or rods to stabilize and facilitate the healing process.

Rehabilitation and recovery

Rehabilitation following a humeral fracture or other arm-related injuries is essential for restoring functionality and range of motion. Physical therapy plays a vital role in this process, helping patients regain strength, coordination, and flexibility. Rehabilitation exercises, tailored to the individual's specific needs and condition, can expedite recovery and promote the restoration of normal arm function.

CONCLUSION

The humerus, with its remarkable resilience and versatility, is a testament to the incredible design of the human body. This bone, situated in the upper arm, forms the foundation for our ability to perform various activities, from the simplest daily tasks to the most complex athletic endeavors. Understanding the anatomy and function of the humerus highlights its significance and the importance of proper care and rehabilitation in the face of injury. By appreciating the remarkable capabilities of our humerus.

Correspondence to: Eszter Volgyi, Department of Orthopedics, Massachusetts Institute of Technology, Cambridge, Massachusetts, USA; E-mail: VolgyiEszter@hotmail.com

Received: 05-Jun-2023, Manuscript No. JOPA-23-24865; **Editor assigned:** 07-Jun-2023, PreQC No. JOPA-23-24865 (PQ); **Reviewed:** 21-Jun-2023, QC No. JOPA-23-24865; **Revised:** 02-Aug-2023, Manuscript No. JOPA-23-24865 (R); **Published:** 09-Aug-2023, DOI: 10.35248/2329-9509.23.11.356

Citation: Volgyi E (2023) Surgical Approaches for Humerus Fractures and its Remarkable Resilience and Versatility. J Osteopor Phys Act. 11:356.

Copyright: © 2023 Volgyi E. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.