

IMPACTED BUT SHE'S UNAFFECTED. A CASE REPORT

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Introduction: Internal fixation is the favoured choice of treatment for Garden I femoral neck fractures in the elderly. Secondary displacement and instability are the biggest "concerns" in the non-surgical approach but the exact rates of these "concerns" are highly controversial¹ and in contrary we present a case of non-surgical "functional" approach reaping good outcome.

Discussion: In April 2017, a 57 year old lady was referred us for persistent right buttock pain and limping following 10 days of trauma. Initial radiograph seen at the district hospital was said to be normal and she was discharged. During her first visit to our clinic, right hip radiographs showed a non-displaced fracture neck of right femur with valgus impaction. CT Hip showed a cortical break at neck of femur with minimal sclerosis and coxa valga with angulation of 135 degree (Pauwels type I). Consequently, patient was advised for functional non-operative care with partial weight bearing ambulation. Full weight bearing allowed after 8 weeks. 2 years post trauma patient is still under our follow not for her hip but for her knee pain. She has no hip pain and a preserved joint motion. Figure 1: initial radiograph of right hip Figure 2: post trauma 6 months-Union achieved without any documented complications or signs of avascular necrosis.

Conclusion: Although surgery is the cornerstone for hip fracture management, non-operative approach for undisplaced femoral neck fractures is being widely reported. Functional treatment with early mobilization has helped reduce decubitus complications without exposing them to the risks of surgical intervention². This case and subsequent similar cases in our center treated with a functional non surgical approach has showed good outcomes and proves to be our favoured choice.