

LATERAL FEMORAL CONDYLE OSTEOCHONDRAL FRACTURE FIXATION WITH BIODEGRADABLE SCREWS AND PINS - A CASE REPORT

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Introduction: Mostly involving the non-weight-bearing portion of the antero-lateral aspect of the condyle, this case reports a rare event of osteochondral defect of the weight bearing portion of the left lateral femoral condyle. Despite not dislocating his patella, the osteochondral injury involved the weight-bearing portion of the lateral femoral condyle, suggestive that the patient's knee was in high degree of flexion with bilateral static stance during his warming up maneuver. Mashoof et al in 2005 reported 7 cases, of patella dislocations post alleged sports injury with osteochondral fractures (OCF) of the weight-bearing portion of the lateral femoral condyle

Discussion: Mr A a 16year old gentleman presented with an acute left knee swelling and pain post warming up for a game. He was unable to weight bare. Examinations noted an acute injury to the left knee with intact extensor mechanism of the left knee. Plain Radiographs noted a large osteochondral defect over the left lateral condyle of the femur. Besides the soft tissue insult sustained, no other injuries were noted. He was immobilized and put on a PRICE regime awaiting his MRI. He subsequently underwent an arthroscopic evaluation which confirmed the large fracture defect which commenced in an open Osteochondral fixation. A combination of bio-degradable pins and screws were chosen in this case. A favorable reduction and construct of the weight baring area of the condyle was achieved

Conclusion: DISCUSSIONS: 1)The applied force against the biomechanics of the knee was a key point resulting in the fracture pattern, size and location of the injury. 2)It was critical to reduce and restore the congruency of the weight bearing portion of the osteochondral fragment. 3)The choice to use Bio-degradable material was ideal in view it provided sterility, strength radiolucency, the ability to heal faster and, minimize removal procedure and reduced infection rate injury