

## UNUSUAL MULTIPLE THORACOLUMBAR SPINE FRACTURES: A CASE REPORT

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**Introduction:** It is uncommon to see a young patient with no underlying background illness to have multiple thoracolumbar fractures after a trivial fall. Here we would like to share our experience encountering such patient.

**Discussion:** 38 year old gentleman with no known medical illness presented with severe back pain. It occurred after a trivial fall after slipped at bathroom. 3 months prior to the event he had a fall and sustained left head of humerus fracture. Thus patient was investigated to rule out spine pathology. From CT scan noted multiple level thoracolumbar spine fracture. We proceed with transpedicular biopsy however result shows reduced haematopoietic elements with interspersed fat cells replaced by granulation tissue. An area of benign cartilagenous and myxoid stroma component is observed. No granuloma or malignancy seen. Upon further history family members informed us that patient has been buying medication from a traditional shop that contain steroid for the pain at left shoulder. We proceed to do a dual energy x-ray absorptiometry scan for this patient and it shows osteopenia of left hip (T score -2.1). Moreover, during admission patient was newly diagnosed with diabetes mellitus thus supporting our diagnosis. Since patient does not have any neurological deficit, we decided to treat the patient conservatively with body cast and anti-osteoporotic agent. During follow up, The patient was well and compliance to the extension body cast. His back pain improved and he has no neurological deficit.

**Conclusion:** It is a rare occasion to have a multilevel spine fractures in young patient. One of the cause would be steroid abuse that can lead to osteoporosis of the bone. However, other sinister causes need to be excluded prior of making the diagnosis.