

# SHOULDER HEMIARTHROPLASTY FOR DISPLACED PROXIMAL HUMERAL FRACTURE: A CASE SERIES

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## INTRODUCTION:

Proximal humeral fractures are common injuries in the geriatric age group. Four-part fractures accounts for 3% of all humeral fractures. While conservative treatment remains the mainstay of management in Malaysia, this is associated with delayed return to function and restoration of quality of life. Shoulder hemiarthroplasty may provide a quick resolution to pain and earlier return to function in select patients.

## METHODS:

A prospective study was conducted on patients who underwent shoulder hemiarthroplasty in Hospital Tuanku Ja'afar Seremban from August 2018 till February 2019. All patients were followed up for 2 months upon discharge from ward. All of them were evaluated using Visual Analogue Scale (VAS) for pain and Constant score for pain and function. All patients were operated by a shoulder fellowship trained senior surgeon.

## RESULTS

A total of 4 patients were included in this study. The mean follow-up was 2 months. All patients were above 55 years old with four-part proximal humerus fracture dislocation. Mean time from injury to operation was 18.2 days. Constant score improved from 21.2 (5-41 pre-operatively) to 66.25 (range 61.0-72.0) points at final follow-up. Though no objective measures were made, all patients reported subjective improvements in range of motion. Only one reported mild pain while 3 reported no pain at last follow-up. There were no cases of neurological injury, infection, and instability at this early follow-up.

## DISCUSSIONS:

The purpose of this study was to evaluate early patient satisfaction and functional outcome after primary hemiarthroplasty in proximal humeral fractures. Primary hemiarthroplasty is indicated in elderly patients with displaced three- or four-part fractures or fracture dislocation. We used the Constant score for functional evaluation which is universally accepted and validated. The major aims of hemiarthroplasty in fracture of proximal humerus are pain relief, adequate shoulder function, patient satisfaction, and strength. The early results at our unit are promising and this may prompt a more aggressive approach to managing 4-part humerus fractures in the future.



X-ray pre op

X-ray post op

## CONCLUSION:

This study showed that hemiarthroplasty in a grossly comminuted proximal humerus fracture is a viable option of treatment especially in geriatric age group where it provides a better quality of life post injury

## REFERENCES:

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