

Non Operative Treatment In Bilateral Posterior Ligament Tibial Avulsion Fracture: A Case Report

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INTRODUCTION:

Bilateral Posterior cruciate ligament (PCL) tibial avulsion fracture is a very rare case. No evidence of such cases have been reported on bilateral PCL avulsion fracture previously. PCL is a strong stabilizer of the knee joint. PCL injuries are commonly seen in dashboard injuries when knee is flexed and pre-tibial force is applied.

CASE REPORT:

A 35 year old Indian gentleman, involved in an alleged motor vehicle accident was the patient. Patient was a motorbike rider under alcohol influence and was found along the roadside which was then brought to the Emergency Department by ambulance. Patient regained consciousness in the hospital but was unable to recall mechanism of injury. Post trauma patient was complaining over pain at bilateral knee and clinically noted bruises and effusion over bilateral knee. Bilateral knee joint x-ray revealed bilateral PCL avulsion fracture. Subsequently patient was planned for Open reduction and screw fixation of bilateral PCL avulsion fracture. Patient was not keen for operative management in view of logistic reason. Full length POP cast was applied over bilateral lower limb for a duration of 6 weeks.



Figure 1: Right knee xray ap/lateral showing right PCL avulsion fracture



Figure 2: Left knee xray ap/lateral showing left PCL avulsion fracture

DISCUSSIONS:

Studies have reported excellent results in PCL bony avulsion fractures treated with open reduction and internal fixation (1). Functional assessment tools such as musculoskeletal functional assessment (MFA), Gillquist and Lysholm scores were used to assess functional outcome in PCL avulsion fractures. However, in the case of PCL bony avulsion fracture treated non-operatively have shown poor functional outcome. Loss of range of motion of the knee with residual PCL laxity, osteonecrosis and non-union can be a significant long term complication in non-operative treatment (2).

CONCLUSION:

Posterior Cruciate Ligament bony avulsion fracture are best treated with operative management to achieve a good functional outcome.

REFERENCES:

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