

A RARE CASE OF ISOLATED LESSER TUBEROSITY FRACTURE OF HUMERUS: A CASE REPORT

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Introduction: Isolated lesser tuberosity fracture of humerus is a rare presentation, it always associated with other shoulder injury such posterior dislocation or in two or three segment proximal humerus fracture. Most of literature has been stated open reduction and internal fixation provide good clinical and radiological outcome.

Discussion: He underwent open reduction and screw fixation of his right lesser tuberosity via deltopectoral approach. Intraoperative finding were avulsion fracture over his lesser tuberosity with his subscapularis muscle pulled it medially. The fracture fragment was extending to his bicipital groove. Postoperatively he went physiotherapy and his fracture was successfully unite with no limitation of movement.

Conclusion: An isolated fracture of lesser tuberosity humerus is a rare presentation to the casualty. It was protected by direct blow of trauma due to its small size and location which was situated at the medial side of humerus head. Typical mechanism of injury is shoulder abduction and external rotation which cause subscapularis muscle to pull the bony fragment in resisted movement. It always missed by plain radiograph and CT scan might be helpful in getting a diagnosis. Due to its rare presentation, its mode of treatment either operative or conservative still debatable. But in acute displaced fracture, operative management is recommended and producing good clinical and radiological outcome.