

Lateral Decubitus Positioning In Proximal Femur Nailing; A Case Study

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INTRODUCTION:

Pertrochanteric fractures are common extracapsular proximal femur fractures among elderly population.¹ Proximal femur nailing in lateral decubitus positioning can be done as alternative.

MATERIALS & METHODS:

A retrospective study of 26 patients with various degree of pertrochanteric femoral fractures, varying age from 57-81 years old (mean age 72) between September 2021 till October 2023, proceeded with proximal femur nailing in lateral decubitus position. All cases were assessed based on ease of fracture reduction and surgical duration.

RESULTS:

The mean duration of surgery for all patients is 41 minutes; ranging from 30 to 52 minutes. One patient encountered difficult reduction and proceeded with open reduction. No cases of malrotation, infection, nonunion, implant failure noted during case series.



Figure 1: Lateral Decubitus Proximal Femur Nailing



Figure 2: Lateral Decubitus Proximal Femur Nailing

DISCUSSIONS:

Lateral decubitus positioning facilitates better neutralization of deforming forces of flexion and abduction over proximal femur, allowing better reduction, surgical outcome and lesser duration, blood loss, lesser usage of intraoperative x-ray, shorter hospital stay and allowing excellent post operative outcome.² Additionally, provide circumferential access to the affected limb, ease of conversion to an extensile approach if needed, and greatly shortened the time required to set up patients. Proven valuable in centres without traction table or with obese patients.

CONCLUSION:

The lateral decubitus position proven to deliver excellent outcome in proximal femur nailing with lesser complication in comparison to supine traction table positioning, also valuable option in centres without traction table or advanced fluoroscopic facility.

REFERENCES:

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