

Bipolar Hemiarthroplasty with Calcar Replacement for Unstable Intertrochanteric Femur Fracture in Elderly

Halim NH

Department of Orthopaedic, School of Health Sciences, Universiti Sains Malaysia, Kubang Kerian, Kota Bharu, Kelantan

INTRODUCTION:

Unstable intertrochanteric fractures in elderly patients are associated with high rates of morbidity and mortality.

To date, the gold standard treatment remains controversial. Selecting the best treatment for these fractures requires taking into account a number of variables, such as the patient's overall health, their level of ambulation prior to the fracture, the nature of the fracture, and the type of implant.

REPORT:

Here we reported 3 patients with an unstable intertrochanteric femur fracture treated with cemented calcar replacement (CRC) bipolar hemiarthroplasty.

Our patients are over 70 years old. Premorbidly, two patients have CVA with one sided hemiparesis, and another patient has Parkinson disease. All patients are household ambulators, and none of them has preexisting hip pathology. They had a trivial fall, and post trauma, they complained of pain over the hip and an inability to weight bear on the affected lower limb.

Radiographs revealed comminuted intertrochanteric femur fracture (AO/OTA 31-A2 and 31-A3). All patients were treated with CRC bipolar hemiarthroplasty.

Post operation, patients were given intravenous antibiotic, and anticoagulant was started after 48 hours. All patients were instructed to avoid excessive hip flexion and adduction.

Our patients were able to wheelchair ambulate and stand with assistance on day 3 post-surgery and were discharged between day 5 and 1 week post-surgery.



Figure 1: Radiograph showed intertrochanteric left femur fracture type 31-A2.

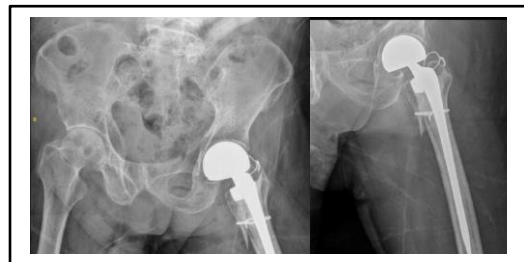


Figure 2: Post CRC bipolar hemiarthroplasty

CONCLUSION:

Numerous studies have documented positive results from primary arthroplasty in the elderly. This procedure allows early weight bearing, thus preventing complications caused by prolonged immobilization. The benefit of a calcar replacement arthroplasty is that it restores the damaged area in the calcar zone without requiring reconstructive surgery. As a result, the prosthesis provides instant stability without worrying about subsidence. In conclusion, CRC bipolar hemiarthroplasty is a good treatment option for unstable intertrochanteric femur fractures in the elderly.

REFERENCES:

1. El-Ghandour et al., The Egyptian Orthopaedic Journal 2014, Pg202.