

## An Unusual Case of Right Talar Head Fracture Dislocation in a Paediatric Patient

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### INTRODUCTION:

Among all talus fractures, talar head fractures are exceptionally uncommon, presenting in only 2.6–10.0% of cases<sup>1</sup>. This rarity underscores the challenge in determining clear treatment approach<sup>1</sup>. This case highlights the challenges in managing such injuries in paediatric patients and underscores the importance of prompt diagnosis and appropriate treatment to achieve optimal outcomes.

### CASE REPORT:

A 13-year-old Malay boy presented to the casualty with right ankle pain following a fall from his bicycle. On examination, he had tenderness and swelling over the right ankle with limited range of motion. There were no external wounds and foot compartments were soft. Plain radiographs of the right ankle revealed a fracture dislocation of the talar head.

Initial attempts at closed reduction in the casualty were unsuccessful, prompting the decision for open reduction. Subsequently patient underwent open reduction, K-wire fixation of the right talus, and external fixation right foot. K-wire and external fixation were maintained for six weeks before converting to a boot slab. At two months post-trauma, follow-up imaging showed union of the fracture site, and the patient was able to bear weight fully without any complains.



Figure 1: Initial radiograph of right ankle



Figure 2: Radiographs post op



Figure 3: Radiographs at 2 months post op showing fracture union

### CONCLUSION:

The management of closed fracture dislocations of the talar head presents unique challenges, particularly in paediatric patients. The decision for surgical intervention was based on the severity of the injury and the need for anatomical reduction to restore normal joint mechanics.

The use of K-wires and external fixation provided stable fixation<sup>2</sup> and allowed for early mobilization of the ankle joint, which likely contributed to the favorable outcome observed in this case.

### REFERENCES:

1. Ibrahim MS, Jordan R, Lotfi N, Chapman AW. Talar head fracture: a case report, systematic review and suggested algorithm of treatment. *The Foot*. 2015 Dec 1;25(4):258-64.
2. Banerjee R, Nickisch F. Fractures and fracture-dislocations of the talus. *Mann's Surgery of the Foot and Ankle 9th Edition*. Philadelphia: Elsevier. 2014:2101-53.