

Avascular Necrosis and Hip Coxa Vara in Children with Pathological Fracture Neck of Femur Following Unicameral Bone Cyst: A Case Report

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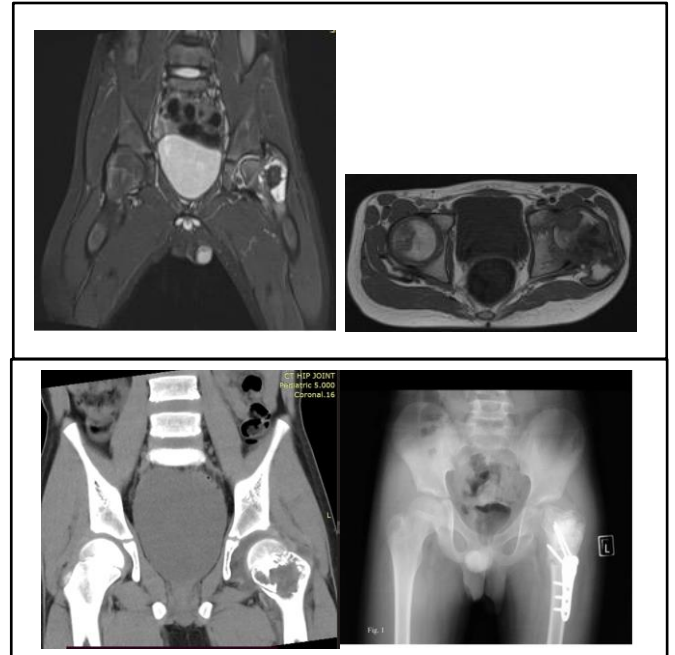
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INTRODUCTION:

Unicameral bone cyst (UBC) is a benign cystic lesion which mostly diagnosed in the proximal aspects of the humerus and femur of growing children. Sometimes it can resolve spontaneously by skeletal maturity. Most UBCs are asymptomatic and likely go undiagnosed. The most common presentation is a pathologic fracture which increases the risk of unsatisfactory functional results and avascular necrosis (AVN) of the femoral head. We describe a case of UBC of the proximal femur which exhibits unique characters and complications.

REPORT:

We report a case of a 12-year-old boy who presented with pain over left hip and unable to weight bear following a history of trivial fall. Clinical examination revealed tenderness on deep palpation and restricted range of motion at the left hip joint. Investigations done and radiographs revealed a lytic expansile lesion with thin sclerotic margins involving left femur neck region along with pathologic fracture. Biopsy done and confirmed the diagnosis of UBC. Subsequently after fracture united, bone curettage with bone graft insertion over left hip was done. Unfortunately 1 year after trauma, he developed persistent left hip pain with evidence of AVN of left femoral head and associated coxa vara. Proximal femur valgus extension osteotomy with plate fixation and bone graft was done ([Fig. 1](#)). Following that, patient recovered with satisfied functional result.



CONCLUSION:

Pathological fracture is a common complication of proximal femur UBCs in children. Literature suggested prophylactic treatment and fixation of UBCs in weight bearing proximal femur region as it is better to manage without complications than managing with pathological fractures. In this case report we highlight the challenges raised in managing the complications after pathological fracture. However, a successful surgical treatment may help patient to recover with good functional outcomes and results.

REFERENCES:

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