

Improving Outcomes of Proximal Humerus Fractures using Fibula Strut Graft

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INTRODUCTION:

Proximal humerus fractures are common fractures often seen in older patients with osteoporotic bone following a ground-level fall on an outstretched arm. Studies have shown high rates of failure after open reduction and internal fixation. To decrease the complications particularly varus collapse and the need for revision surgery, fibular allograft has been widely used.

REPORT:

We present a case of a Closed comminuted fracture of Proximal Right Humerus that was treated with PHILOS plating and augmented using a fibula strut graft. The aim was to achieve union, strengthen the bone with the augmentation and to ensure the patient is able to achieve full range of motion of the dominant hand.

The patient is Mr S, a 60 years old gentleman with underlying diabetes mellitus and hypertension, who was involved in an alleged MVA where he landed on his right shoulder and sustained a closed comminuted fracture of the proximal right humerus.

Due to osteoporotic changes of the bone, he had undergone PHILOS plating and fibula strut graft insertion.

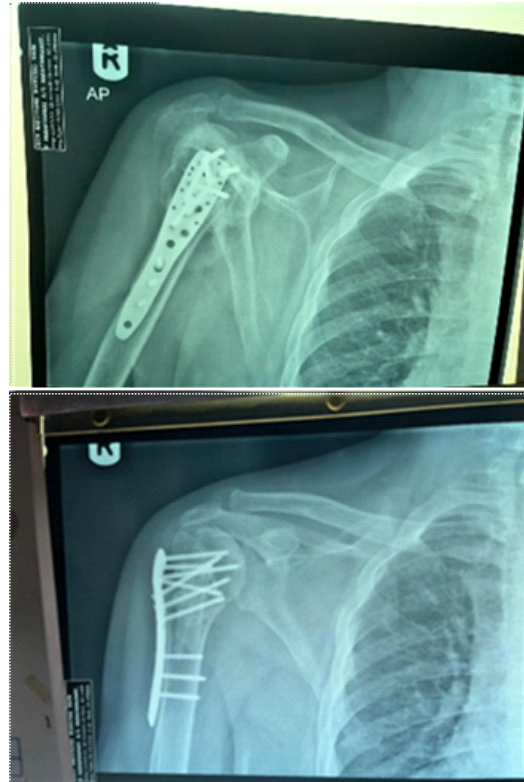


Figure 1: X-rays post operation shoulder the the fracture reduction and augmentation of fracture site using the fibula strut graft

CONCLUSION:

The use of fibula strut graft together with PHILOS plating to treat a proximal humerus fracture has a good outcome in terms of bone union as well as the overall function of the affected limb. The need for revision surgery is remarkably reduced, hence reducing the failure rate of the surgery.

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