

Successful Short Term Functional Outcome of Surgical Management Scapular Body Fracture: A Case Report

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INTRODUCTION:

Scapular fracture relatively rare comprise about 1% of all fractures and account about 50% body fracture¹. Traditionally scapular body treated with benign neglect².

Surgical management of scapular body still unclear, there is no absolute indication.

With proper fracture evaluation, patient selection and well experienced surgeon we would like to report a case of successful short term functional outcome following open reduction and internal fixation (ORIF) of scapular body fracture.

REPORT:

A 38years old gentleman pre morbidly active without any illness, right hand dominant work as shop assistant presented to casualty with complaint of acute shoulder pain bilaterally with limited range of motion following road traffic accident. Relatively loss of shoulder function both upper limb. Clinically tenderness over bilateral scapula and clavicle upon palpation with no open wound. Distal neurovascular intact. Initial plain radiograph performed and noted patient to have bilateral scapular body with left midshaft clavicle fracture. CT Scan performed for proper evaluation fracture configuration.

From the evaluation of fracture configuration we noted that scapular body fracture with mediolateral displacement, anteroposterior angular deformity and alteration of the glenopolar angle for both side which is right more severe.

The patient underwent ORIF of right scapular body together with left clavicle.

Postoperatively a proper shoulder rehab was initiated to promote early mobilization and optimize shoulder function.

Functional assesment performed at 3months demonstrated progressive improvement of pain range of motion and strength.

DISCUSSION:

Recent evidence showed that scapula act as dynamic stabilizer of shoulder complex³. Multiple studies documented poor results following conservative treatment. Few complications occurred in high functional demand patients such as residual pain, impingement and scapula dyskinesia.



Figure 1: Plain radiograph

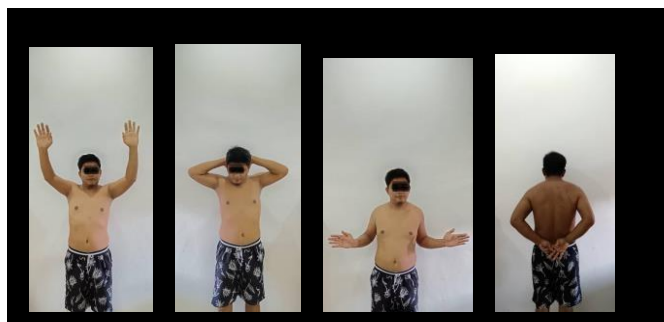


Figure 2: Clinical picture of the patients shoulder ROM

CONCLUSION:

This case highlights the efficiency of ORIF in managing displaced scapular body fractures, leading to satisfactory outcomes and functional recovery.

REFERENCES:

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