

## Preventing Oversight: Recognizing and Managing Bicondylar Hoffa - A Case Report

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### INTRODUCTION:

Hoffa fractures are coronal plane fracture of distal femur commonly involves lateral femoral condyle. It is a rare injury associated with high energy trauma in motor vehicle accident. We are presenting a rare case of bicondylar Hoffa fracture associated with supracondylar femur and proximal tibia fracture.

### REPORT:

A 50-year-old gentleman alleged road traffic accident presented with left knee pain and bleeding over the proximal leg. The left knee was swollen and deformed with 4cmx2cm wound size over proximal leg. Distal neurovascular intact and compartment soft. Plain radiograph showed a comminuted fracture distal femur with supracondylar involvement and proximal tibia fracture. CT-Scan revealed bicondylar Hoffa fracture with supracondylar involvement and proximal tibial fracture. Two stage operation was done. Wound debridement and articular restoration with K-wires. The Hoffa fragment was fixed with screw fixation then temporarily stabilized with external fixation. Subsequently, lateral locking plate distal femur was done as definitive fixation.

### DISCUSSIONS:

This is a rare coronal plane fracture of femoral condyle described in 1904 by Hoffa and easily missed out by plain radiograph. In high energy trauma with distal femur fracture, a high index of suspicion is required to diagnose and to plan preoperatively. The preferred method of management is by surgical fixation. Missed management of this fracture may lead to malunion and non-union. High percentage up to 30% of plain radiograph can missed out coronal plane fractures. Hence CT scan is the option to study the fracture configuration of the distal femur.



Figure 1: Plain radiograph & CT



Figure 2: Post op

### CONCLUSION:

We concluded that plain radiograph has high risk of missing out the associated coronal plane fracture pattern in a high energy trauma of the distal femur fracture. Therefore, CT scan is helpful in preoperative planning and strongly recommended.

### REFERENCES:

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