

Train until Break: Stress Fracture Neck of Femur in a Young Police Officer

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INTRODUCTION:

Stress fracture is defined as injury from repetitive stress in a normal bone in a healthy individual. Stress fracture in neck of femur (NOF) in general population are rare. Nevertheless, it is common in athletes and military recruits due to physical stresses exerted upon them during training. We present a case a young lady police officer with stress NOF fracture.

REPORT:

A 32 years old lady, a freshly recruited police officer under training, presented with history of left hip pain for 10 days duration. She just started intensive training during her probation period past 14 days. At day 8 of symptom, she seek attention at local clinic and the diagnosis of fracture was missed. Due to persistent pain, she visited the emergency department at day 10. Repeated radiographs showed left NOF fracture



Figure 1: Pelvic radiograph taken at local clinic in which the fracture was missed initially



Figure 2: Day 10 post left hip pain showing basicervical NOF fracture

She underwent left dynamic hip screw with derotational screw.

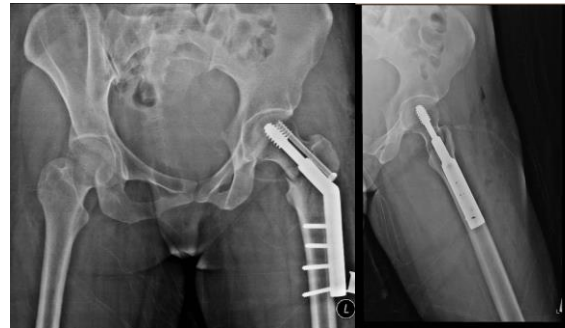


Figure 3 and 4: Immediate Check X-Rays post operation.

She was subsequently discharged with non-weight bearing ambulation for 6 weeks duration. At 3 months, patient is able to full weight bear and return to work.

CONCLUSION:

Young people with NOF fractures generally present differently compared to elderly patients. They have a longer duration of symptoms and are able to weight bear on the affected leg which tend to delay in making diagnosis. This compromises femoral head blood supply which will end up in osteonecrosis.

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