

## Atypical Presentation of Neck of Femur Fracture

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### INTRODUCTION:

Femoral neck fractures in adults younger than age of 50 are uncommon. They are often the result of high-energy trauma, accounting for 2 to 3% of all femoral neck fractures.<sup>1</sup> We reported a young patient with atypical presentation of neck of femur fracture.

### REPORT:

A 42-year-old gentleman complained of left knee pain and shortened right leg for the past three weeks. He was well until he had a fall due to slippery floor and landed on the left side of his body. Post fall, he was still able to ambulate but with pain over the left knee. Further history revealed that he was on traditional supplement (“Gamat”) for 8 years. Physical examination showed apparent limb length was shorter over the right side. There was also mild pain on internal and external rotation of left hip.

X-ray showed valgus impacted left neck of femur fracture which was confirmed by CT scan (Figure 1). Apart from that, there was no pathology seen over the left knee. Bone mineral density (BMD) showed normal bone density (-0.8 SD). He was allowed partial weight bear with walking stick. At 5 weeks, he was ambulating well without walking aid and achieved full active hip flexion. At 3 months, X-ray showed united fracture of left neck of femur (Figure 2).



**Figure 1:** Pelvis AP X-ray (left), CT of pelvis (middle) and CT reconstruction (right) showing valgus impacted left neck of femur fracture.



**Figure 2:** AP left hip X-Ray (left to right) at 3 weeks, 5 weeks and 3 months post trauma.

### CONCLUSION:

Femoral neck fractures after a trivial fall in young adults are uncommon. Detailed history, clinical examination and relevant investigations are important in ruling out pathological fracture. Valgus impacted femoral neck fracture can be treated conservatively with serial X-ray monitoring.

### REFERENCES:

1. Ly TV, Swiontkowski MF. Management of femoral neck fractures in young adults. *Ind J Orthop.* 2008;42:3–12.