

DIAFYSÆRE HUMERUSFRAKTURER.
FRAKTURTYPE, BEHANDLING OG KIRURGISK
ADGANGE
15 MIN.

AO TRAUMA COURSE – BASIC PRINCIPLES OF FRACTURE MANAGEMENT

FREDERICIA 24-27/4-2023

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Frakturtype, behandling og kirurgisk adgange



Frakturtype, **behandling** og kirurgisk adgange



Konservativ



Operativ

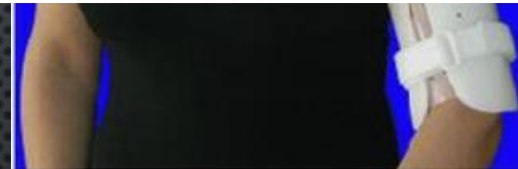
Nonoperative treatment of isolated humeral shaft fractures with functional brace. Still - the first choice of treatment.

44/49 union w/ good functional result (90%)

Nonunion: 4/14 proximal third (29%)
1/22 middle third
none/13 distal third

Rutgers M. et al: Treatment of Diaphyseal Fractures of the Humerus Using a Functional Brace
J Orthop Trauma Volume 20, Number 9, October 2006

ng og kirurgisk adgange



Operativ

Results: 620 patients

- Average healing time was 11.5 weeks in 97.5% of patients
- Operative intervention was required because of a nonunion in 16 patients (2.5%)
- Refracture after brace removal occurred in four patients (0.6%)
- Nerve function did not return in only one of the 67 patient who had radial nerve palsy

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Konservativ



Hvad kan accepteres?

- *Forkortning ?*
- *AP vinkling ?*
- *Varus/valgus ?*



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Konservativ



Hvad kan accepteres?

- Forkortning $< 3\text{cm}$
- AP vinkling $< 20^\circ$
- Varus/valgus $< 30^\circ$



Hvem skal opereres?

ABSOLUTE

- Open fractures (G-A 2/3)
- Vascular injury
- Bilateral fracture
- Floating shoulder or elbow
- Secondary radial nerve palsy

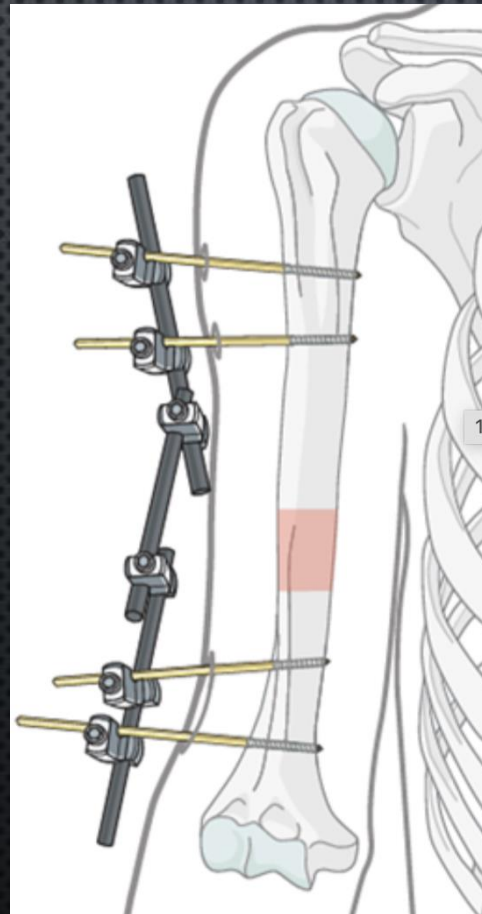
RELATIVE

- Segmental, Transverse
- Pathological fractures
- Polytrauma
- Obesity
- Age
- Nonunion

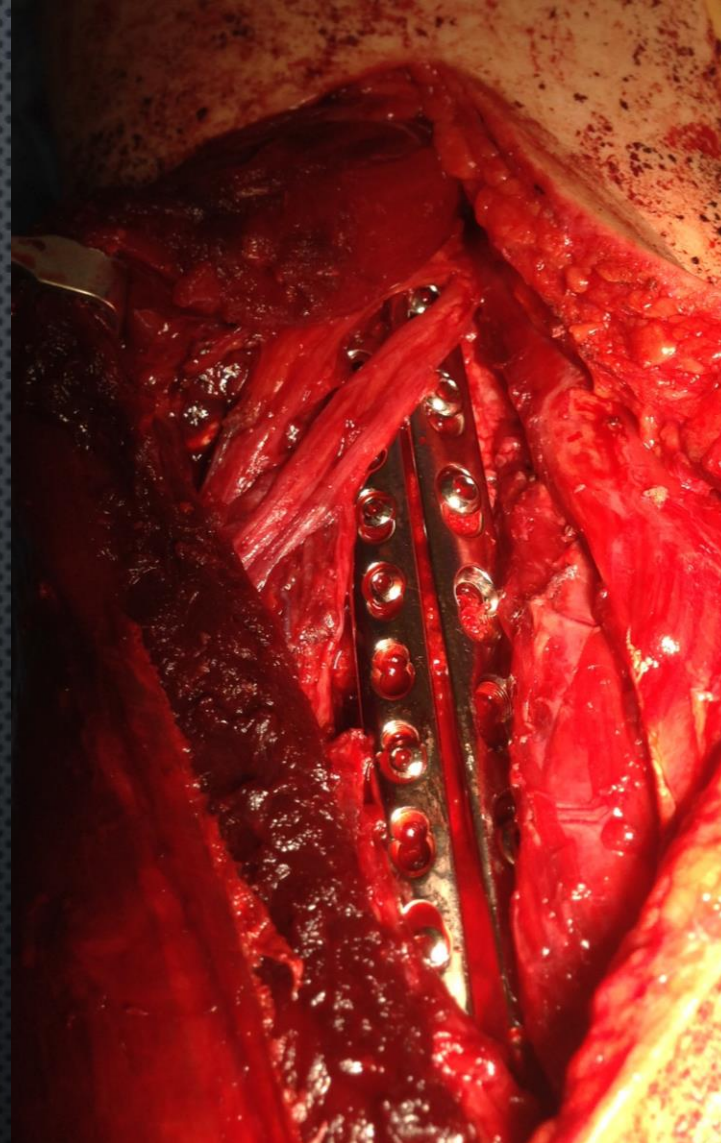


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Kirurgisk behandling?



Frakturtype, behandling og kirurgisk adgange



19 årig mand
Armlægning med ven

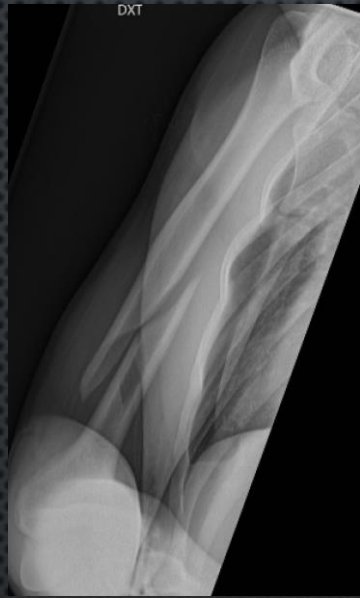


19 årig mand
Armlægning med ven



19 årig mand
Armlægning med ven

5 MDR.



AFRUNDING – CORPUS HUMERUS



"A fracture of the shaft of the humerus is perhaps the easiest of major long bone fractures to treat by conservative means.

John Charnley (1950).