"STUDY OF FUNCTIONAL OUTCOME IN PROXIMAL HUMERUS FRACTURE FIXATION USING DELTOID SPLITTING APPROACH"

Absract

Introduction : Proximal humerus fractures are common in old age group especially females with osteoporotic bone. The overall incidence is on rise. The mode of injury is accidental fall for old age persons and High velocity injury for young adults. The most common classification method used is Neer's type. The approach commonly used is Deltopectoral for the internal fixation. We have done fixation of fractures using Deltoid splitting approach, which gives easy access to lateral plating and rotator cuff repair.

Aims and objective Aim of this study is to prospectively analyze the functional Outcome proximal humerus fracture fixation using Deltoid splitting approach in Department of Orthopaedics, Government Stanley Medical College Hospital, Chennai between May 2016 and October 2018

Materials and methods 21patients who fulfilled the inclusion criteria is included in the study. The proximal humerus fracture is classified according to Neer's classification system. Once these patients have become fit for definitive procedure appropriate internal fixation is done using deltoid splitting approach. Following surgery patients is hospitalized for required period of time (usually 5 to 7 days) and followed up for 6 months and Functional outcome measured using Constant Murley score periodically

Results The 2 patients have Fair ,11 patients have Good and 8 patients has Excellent functional outcome results after 6 months of follow up.2 patients have shoulder stiffness and is overcome by aggressive physiotherapy. We didn't encounter any regimental badge anesthesia or anterior deltoid weakness in none of our patients.

Conclusion Deltoid splitting approach is a viable and easy approach for Proximal

Humers fracture fixation. This approach is useful for nailing (A- and B-type fractures) and osteosynthesis of fractures of the greater tuberosity (A1.1). Gives easy and wide exposure of prox humerus. Provides better exposure for suturing of rotator cuff to LCP to prevent varus collapse. This approach is associated with low incidence of malreduction. In this study the Functional outcome is found to be good.