

Children's orthopaedics

X-ref For other round ups in this issue that cross-reference with Children's orthopaedics see: Oncology round-up 1; Research round-ups 6 & 7.

Can you treat type IIA supracondylar humerus fractures conservatively?

There is good general literature and surgical consensus that type I supracondylar humerus fractures can be treated with short-term cast immobilization, while type II supracondylar humerus fractures should be treated with closed reduction and percutaneous pin fixation in order to avoid long-term deformity and disability. Given what is perceived as a relative low morbidity of percutaneous pinning and a desire to avoid malunion or late displacement, type II supracondylar humerus fractures have also often been treated with percutaneous pin fixation and casting; indeed, this is the current clinical practice guideline from the American Academy of Orthopaedic surgeons. However, there are centres where these injuries are successfully treated non-operatively. In this paper, which piqued our interest here at BJ360, researchers from **San Diego (California, USA)** sought to add to the literature.¹ Their paper compared nonoperative and operative treatment of patients with type IIA fractures that have no signs of coronal malalignment and or malrotation. Over a two-year period, 105 patients between the ages of two and 12 years presented with a type IIA supracondylar fracture and were enrolled to the study



prospectively. Patients with prior elbow trauma, metabolic, or neuromuscular diseases were excluded from recruitment. The reported cohort were managed by ten surgeons, with five preferring surgical operative management and five preferring an initial attempt at nonoperative management. Nonoperatively-treated patients had a long arm cast applied with close follow-up of radiographs; a standard protocol was used, which included three to four weeks of casting and bilateral elbow radiographical follow-up at six months postinjury with a follow-up via telephone at six, 12, and 24 months. Overall, the authors included 99 patients, with 45 nonoperative cases and 54 cases, who were managed operatively. Up to and including the first clinic follow-up, 9% of nonoperative patients were converted to surgery. There were no differences between the cohorts in terms of demographic

details, but patients who underwent surgery had a small but statistically significant greater posterior mean angulation deformity of 6° more than their nonoperative counterparts. At the final follow-up, which was performed at a mean of six months postinjury, the nonoperative group had slightly more extension on radiographs; however, this was within a clinically insignificant range of approximately 3°. There were no other clinical radiographical differences between the groups, with complications occurring at similar frequencies. Overall, 4.4% compared with 5.6% of the operative group suffered a refracture. Avascular necrosis rates were similar at 2.2% in the nonoperative group and 1.9% in the operative group. Unfortunately this was not a randomized trial and treatment protocols were not uniformly applied. However, there is a very clear take home message here: comparable results can potentially be achieved in the treatment of type IIA supracondylar fractures. A randomized trial would settle the matter.

Bone bruising and anterior cruciate ligament injury in paediatrics

X-ref

The incidence of anterior cruciate ligament (ACL) injuries in adolescents and children are increasing as the uptake of sporting activities and the associated risk of injury increases. In the setting of knee injuries, when ligamentous damage

Paediatric Orthopaedics Fractures

Camilla Rothe



Paediatric Orthopaedics Fractures:

This book delves into Paediatric Orthopaedics Fractures. Paediatric Orthopaedics Fractures is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Paediatric Orthopaedics Fractures, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Paediatric Orthopaedics Fractures
- Chapter 2: Essential Elements of Paediatric Orthopaedics Fractures
- Chapter 3: Paediatric Orthopaedics Fractures in Everyday Life
- Chapter 4: Paediatric Orthopaedics Fractures in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Paediatric Orthopaedics Fractures. This chapter will explore what Paediatric Orthopaedics Fractures is, why Paediatric Orthopaedics Fractures is vital, and how to effectively learn about Paediatric Orthopaedics Fractures.
3. In chapter 2, the author will delve into the foundational concepts of Paediatric Orthopaedics Fractures. The second chapter will elucidate the essential principles that must be understood to grasp Paediatric Orthopaedics Fractures in its entirety.
4. In chapter 3, this book will examine the practical applications of Paediatric Orthopaedics Fractures in daily life. The third chapter will showcase real-world examples of how Paediatric Orthopaedics Fractures can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Paediatric Orthopaedics Fractures in specific contexts. The fourth chapter will explore how Paediatric Orthopaedics Fractures is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Paediatric Orthopaedics Fractures. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Paediatric Orthopaedics Fractures.

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Paediatric Orthopaedics Fractures Introduction

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