

Flexible Intramedullary Fixation of Pediatric Forearm Fractures - Report on Twenty-One Patients

Haider Mohammed, MRCSI, FICMS (ortho)* Fareed Salloom, MD, CABS (ortho)**
Mohammed Albagali, CABS (ortho)*** Ismail Aljahromy, CABS (ortho)****

Objective: The aim of the study is to assess the outcome of treating pediatric forearm fractures with flexible intramedullary nails.

Setting: Orthopedic Department, Salmaniya Medical Complex, Kingdom of Bahrain.

Design: Retrospective study.

Method: Between May 2004 and April 2006, twenty one pediatric patients with displaced forearm fractures were treated with flexible intramedullary nails at SMC. The study group included 19 boys and 2 girls aged 6 and 14 years (mean 9.3). Closed reduction and percutaneous introduction of nails was tried in all patients; failure to do so, a mini incision was performed to facilitate the procedure.

Result: Closed reduction and percutaneous introduction of the nails was possible in 9 patients. In 8 patients, a mini incision was needed for either the radius or the ulna. In 4 patients, both the radius and ulna needed exposure through mini incision. The patients were followed-up for a period between 6.7 to 35.7 weeks (mean 18.7 weeks). All fractures were united in acceptable alignment and nails were removed at a mean interval of 18.7 weeks.

Conclusion: Nine pediatric patients had closed forearm fracture reduction and twelve patients needed mini incision; there were few minor complications and the outcome was satisfactory.

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