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Complications and outcome of internal fixation of non-displaced neck of femur fracture in old patients

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Purpose: This study aims at evaluating the results of the internal fixation for stable femoral neck fractures (Garden type one and two) occurring in patients over 65 years old.

Materials and Methods: Between 2018 and 2020, 1 year follow-up was implemented for 130 patients with non-displaced neck fractures that were treated with internal fixation. Patients were 52 males and 78 females, and the average age was 72.3 years (65 patients were over 65 years old and 65 patients were over 80 years) at the time of surgery. Fracture site union and complications were evaluated as radiographic parameters and the ability of walking was investigated as a clinical parameter. Relation between patient age, posterior tilt angle, method of fixation, the orientation of fracture, and surgical revision have been statistically tested.

Results: Union of fracture site was achieved in 118 out of the 130 cases (90.7%). At the final follow-up, 12 cases demonstrated complications: non-union (n=6), avascular necrosis (n=6). No significant statistical difference between the two age groups considering complication rate. The risk of complication is mainly linked to cannulated screw fixation and vertical fracture orientation (Pawel 3).

Conclusion: Internal fixation for stable femoral neck fractures occurring in patients over 65 years showed satisfactory union rates. However, care should be taken with this technique given the possibility of complications with vertically oriented fracture and with cannulated screw fixation method.

Key Words: Femur, Stable fracture, Internal fracture fixation

Biography

Ahmad Abdallatif is a skilled T&O surgeon based at Worcester Royal Hospital, UK. He holds MRCS and FRCS qualifications in Trauma & Orthopaedics and has gained extensive experience in the field. Ahmad is particularly interested in complex hip and knee replacement surgeries and is skilled in the use of advanced techniques such as computer-assisted surgery. He also treats other conditions affecting the musculoskeletal system including trauma, sports injuries, and degenerative joint disease. He has a strong commitment to patient care and has published research articles in leading medical journals. Ahmad is actively involved in training and teaching junior surgeons, ensuring they have the necessary skills and knowledge to provide the best possible care to their patients.

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