

DISTAL MEDIAL FEMUR CONDYLE FRACTURE FIXED WITH SPECIAL CONTOUR PLATE OF TIBIA

Lim Kgai Ter¹, Dinesh Earnest Kunasingh¹, Wan Yuhana Wan Md Yusof¹

¹Hospital Kuala Lipis

Introduction: Distal femur fracture over medial side is generally less common than lateral side. Fracture fixation over distal medial femur condyle can be challenging by using locking compression plate. We report and suggest a case of distal femur medial condyle fracture fixed by using proximal lateral tibia locking compression plate.

Discussion: During surgical approach to distal femur fracture, surgeons generally prefer lateral plating regardless of medial or lateral condyle fracture, mainly due to special-contour lateral distal femur locking compression plate are now widely available. However, in some cases, it has been shown that using medial plate is necessary to achieve better outcome. Nevertheless, there are no available anatomical plates that fit for the distal medial femoral condyle or fracture fixation yet in the market, except for the relatively short plate developed for distal femoral osteotomy. In this case report, we found that locking compression plate-proximal lateral tibia (LCP-PLT) fits anatomically well for the contour of the ipsilateral medial femoral condyle. The benefits of using LCP-PLT on distal medial femur include less risk breaking the thread holes since it rarely needs to be bent, provides better medial stabilization over distal femur and it also can be used in peri-prosthetic fracture following total knee replacement surgery.

Conclusion: The case report above has shown the fracture over distal medial femur can be beneficially surgical fixation by using LCP-PLT.