

HEAD IN THE BUTT! A RARE HIP INJURY

Sundaresan Soundararajan¹, Ling Jian Loong¹

¹Hospital Raja Permaisuri Bainun

Introduction: Femoral head fractures with hip dislocation are rare injuries. These fractures have a direct relationship between delayed reduction and development of osteonecrosis.

Discussion: We report a 17 year old girl who was involved in a motor vehicle accident. Radiograph showed a fracture dislocation of right head of femur Pipkin III. She underwent an emergent open reduction and screw fixation of head of right femur. Intraoperatively, the femoral head was found to be lodged deep in the gluteus medius muscle belly and a partial fragment found inside the acetabulum. Currently post operation 5 months, she is well, ambulating with no pain. ROM of hip extension 0-30 degrees with flexion 0 – 105 degrees. The injury was a resultant of high energy trauma causing dislocation of the hip joint along with fracture of the head and concomitant fracture of the neck of the femur. This has caused the head fragment to be displaced deep into the gluteus medius. Reduction and fixation of the head is imperative as delay in reduction is associated with increase incidence of femoral head osteonecrosis. At 5 months post trauma, no AVN changes are seen. MRI of the left hip is being planned at 6 months post trauma to look for development of femoral head osteonecrosis.

Conclusion: Hip dislocations with femoral head fractures are rare injuries that need prompt diagnosing and intervention to prevent morbidity.