

## INTRAMEDULLARY NAIL OF HUMERUS: AN EXCELLENT OPTION FOR HUMERUS SHAFT FRACTURE

Mohd Shaharil Abdul Aziz<sup>1</sup>, Farhan Haripapbilah<sup>1</sup>

<sup>1</sup>Hospital Tuanku Ampuan Najihah

**Introduction:** Humerus shaft fractures are common injuries in bimodal age distribution constitute approximately 3 to 5% of all fractures. Although nonoperative management is acceptable in most cases, surgical intervention for younger patients or active, elderly patients are often advocated. Modern intramedullary nail served as excellent options for the fixation of many fractures since the development of biomechanically more advantageous locking intramedullary nails.

**Discussion:** We presented a 22 years old young adult was in alleged Motor-Vehicle-Accident and sustained polyfracture, one of it is closed fracture proximal third of left humerus. A closed reduction was done but the fracture still displaced and shortened. A MultiLoc Humeral Nailing System by Synthase in antegrade manner was chosen as implant of choice. Patient was prepared in supine position with bolster at scapula region and mobile fluoroscopy to determine the entry point from AP and scapula Y view.

**Conclusion:** This report showing our centre first ever intramedullary nail for humerus shaft fracture. We concluded that the antegrade intramedullary nail can be a powerful tool for humerus shaft fixation and its minimally invasive approach reduced the risk for surgical site infection and radial nerve injury, secure tuberosity-specific locking screws, and ability for early rehabilitation often yields excellent results. Closed nailing technique contribute to early fracture consolidation and higher union rates, which preserves fracture hematoma. Despite a few studies that reported post-operative shoulder problem 1, with simple in-out incision and meticulous repair almost all patient regained full painless range of shoulder motion.