

MEDIAL CORONAL SHEAR FRACTURE OF THE DISTAL HUMERUS : A CASE REPORT

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Introduction: Coronal shear fractures of the distal humerus are uncommon and are often of the lateral aspect involving the capitellum and occasionally the trochlear. We report a rare case of a coronal shear fracture of the medial aspect of the distal humerus in a polytraumatized patient and our management.

Discussion: Mr RZ, a 50-year-old gentleman was a polytraumatized patient after a motor vehicle accident. He sustained an intracranial bleed, multiple rib fractures and fractures of the right femur, ankle and left elbow. A plain radiograph of the left elbow revealed a medial condyle fracture of the distal aspect of the left humerus and a CT scan showed extension of the fracture into the medial aspect of the trochlear in a coronal shear configuration.(Figure 1&2) Operative intervention was delayed two weeks as the patient required chest tube insertion for a hemothorax and GCS monitoring for the intracranial bleed which was treated conservatively. We approached the elbow via a medial approach and used a lag screw to achieve interfragmentary compression. A mini plate was used to neutralize and buttress the anteromedial aspect of the coronal shear fragment (Figure 3). Intraoperative range of motion of the elbow was acceptable from 0-90 degrees and the patient has been put on an early rehabilitation protocol.

Conclusion: Coronal shear fractures of the medial epicondyle-trochlear region of the humerus are rare and requires careful preoperative planning to maximize patient's function postoperatively. CT scans are vital in accessing the fracture configuration for appropriate implant selection and fixation strategy.