

## NICE KNOT - USAGE AS REDUCTION TOOL IN CLAVICULAR PLATING

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**Introduction:** Clavicular fractures account for 2 - 6% of all fractures. Reduction of comminuted clavicle fracture without excessive stripping of periosteum remains a challenge for orthopaedic trauma surgeon. We are sharing our experience on using Nice knot to maintain reduction of comminuted clavicle fracture.

**Discussion:** A 41-year-old male sustained right midshaft comminuted clavicle fracture. He was scheduled for clavicular plating. A longitudinal incision was used to expose the fracture site. The fragments were identified with minimal stripping of soft tissue. A Nice knot was used to maintain the reduction of the butterfly segment. A size 0 absorbable suture was used to make the knot. The suture was tensioned to hold the fragments until desirable reduction is achieved. The knot was ended with three alternating half-hitches (Fig. 1). Superior locking plate was used to fix the fracture. Postoperatively, patient was put on arm sling for 2 weeks. Pendulum exercises commenced on day 2 postoperatively for 3 weeks followed by gradual range of motion exercises for 6 weeks. Fracture was united at 2 months follow up and patient regained full range of motion 4 months after the surgery.

**Conclusion:** Nice knot is a biomechanical strong knot. There are many applications of Nice knot and it is a useful skill to acquire for orthopaedic surgeons.