

SUZUKI FRAME WITH EARLY MOBILIZATION FOR TREATMENT OF COMPLEX INTRAARTICULAR FRACTURE OF PROXIMAL INTERPHALANGEAL JOINT - A CASE REPORT

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Introduction: Managing patients with complex intraarticular fracture and fracture-dislocation of the proximal interphalangeal joint (PIPJ) is a challenge to the orthopedic surgeon. In these types of injuries, the main goals of treatment are to get painless, stable, and mobile joints(1). The various treatment has been proposed to treat these injuries which include conservative treatment and operative treatment(1). Suzuki et al had described one option of treatment to manage these types of injuries(2). Distraction Dynamic External Fixation with early mobilization of the affected fingers can give good functional outcomes to the patients.

Discussion: We are presenting a case of 16 years old boy, allegedly hit by a ball on his left hand while playing football, and sustained a closed comminuted fracture base of the middle phalanx left little finger with intraarticular involvement. Under regional anesthesia, closed manipulative reduction done and fixed with a modified Suzuki frame. Immediate post-operatively patient had gone for an aggressive passive and active motion of the little fingers. The radiograph at 4 weeks showed that the fracture had healed, thus the frame was removed. At 4 months, the patient able to get a full range of motion of the PIPJ with a painless and stable joint.

Conclusion: We believed that the advocacy of ligamentotaxis principle by Distraction Dynamic External Fixation combines with the aggressive and immediate motion of the injured fingers will give good functional outcomes as well as a painless and stable joint.