

Open Bicondylar Hoffa Fracture with Posterior Knee Dislocation

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INTRODUCTION:

Hoffa fracture is a distal femoral condyle fracture in coronal plane. It is usually associated with other injuries around the knee joint. However, it is very rare to have knee dislocation in such cases.

REPORT:

A 29-year-old man presented to us after motor-vehicle accident with an open bicondylar Hoffa fracture-dislocation of left distal femur. There was a transverse laceration across anterior knee with distal femur bone protruding out from the wound. Plain radiograph showed comminuted bilateral femoral condyle Hoffa fracture with posterior knee dislocation. Closed reduction was attempted at casualty to reduce the exposed bone but it was unsuccessful. CTA of left lower limb ruled out vascular injury.

Open reduction was performed under emergency OT. As CT scan revealed a larger medial condyle fragment, extensile medial parapatellar approach was utilized in deep dissection for better exposure. After dissection of the plane between rectus femoris and vastus medialis, vastus intermedius was split to reveal both femoral condyles.

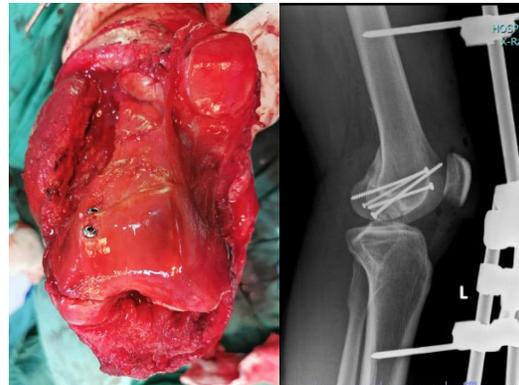
Both femur condyle fracture fragments were reduced under direct visualization and held using multiple screws. As patella tendon and multiple knee ligaments were fully torn, knee joint was unstable, patella pull-through suture and cross knee external fixation were performed for temporary stabilization.

Fracture was united within 4 months; however, patient was scheduled for implant removal as there was mechanical blockage to flexion.

Figure 1: Initial trauma wound and lateral knee radiograph



Figure 2: Intra-operative wound and post op radiograph



CONCLUSION:

Bicondylar Hoffa fracture with knee dislocation is a rare incident. Urgent open reduction and stabilization of fracture dislocation should be done to salvage the limb.

REFERENCES:

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