

## LATERAL FIXATION: AN ALTERNATIVE APPROACH FOR INTRAMEDULLARY FEMUR NAILING

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### INTRODUCTION:

Intramedullary nailing has become the gold standard to treat femoral shaft fractures.<sup>[1]</sup> Patients are most commonly positioned either supine, traction table or lateral decubitus. We present our experience of successful intramedullary nailing femur in lateral decubitus position.

### REPORTS:

From January 2022 to January February 2023, we successfully performed interlocking nail femur in lateral decubitus position without traction table. The intact contralateral femur is examined prior to draping and preparation to determine the rotational range-of-motion. The patient is positioned on the radiolucent table with free draping of the injured leg. The C-arm and ipsilateral femur is adjusted to visualize proper AP and lateral view to locate entry point. The surgical technique used is the standard procedure for femoral shaft and subtrochanteric fracture. We either use close manual or joystick reduction to reduce fracture fragment.

**Figure 1: lateral decubitus position**



**Figure 2: fluoroscopy positioning**



### CONCLUSION:

This position has the advantages of, better fracture reduction, easy manipulation of fluoroscopic imaging on both AP and lateral view, and easier to locate entry point even in obese patients. This approach has helped to reduce operative time estimated within one hour and does not require any additional settings intraoperatively. The surgical technique of antegrade intramedullary nailing using the lateral decubitus position without any traction device and free draping of the injured leg represents a safe and reliable treatment concept<sup>[2]</sup> This technique proved to be another good armamentarium in treating femoral shaft fracture.

### REFERENCES:

1. Treatment strategies for intramedullary nailing of femoral shaft fractures Michael Wild<sup>1</sup>, Sebastian Gehrman, Pascal Jungbluth, Mohssen Hakimi, Simon Thelen, Marcel Betsch, Joachim Windolf, Klaus Wenda (2010)

2 Antegrade femoral intramedullary nailing in a lateral position.

J Friederichs<sup>1</sup>, C von Räden, C Hierholzer, V Bühren (2015)