

Internal Fixation In Osteoporotic Bone: Unlocking the Secrets of Successful Fracture Management



Internal Fixation in Osteoporotic Bone by Milica Vladova

★★★★☆ 4 out of 5

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Osteoporosis, a debilitating bone disease characterized by reduced bone mineral density and increased fracture risk, poses unique challenges for surgeons performing internal fixation procedures. This comprehensive guide serves as a valuable resource for surgeons seeking to optimize outcomes in this complex patient population.

Preoperative Planning and Surgical Strategies

- Patient assessment and bone quality evaluation
- Selection of appropriate implants and fixation techniques
- Preoperative planning to minimize bone loss and optimize fracture reduction
- Management of comorbidities and peri-operative risk factors

Surgical Techniques

- Bone grafting and augmentation techniques
- Plate and screw fixation: types, selection, and placement
- Intramedullary nailing: indications, advantages, and limitations
- Minimally invasive techniques and their role in osteoporotic bone

Postoperative Care and Bone Healing

- Immobilization strategies and weight-bearing protocols
- Pharmacological interventions to enhance bone healing
- Monitoring for complications and early intervention
- Rehabilitation and functional recovery

Specific Fracture Types

- Hip fractures: management of osteoporotic hip fractures
- Femoral shaft fractures: fixation techniques and outcomes
- Distal radius fractures: challenges and surgical approaches
- Vertebral fractures: surgical indications and treatment options

Internal fixation in osteoporotic bone requires a tailored approach that considers the unique challenges of this patient population. This comprehensive guide provides a roadmap for surgeons to navigate these challenges and achieve successful outcomes. By integrating evidence-based techniques, optimizing surgical strategies, and implementing meticulous postoperative care, surgeons can empower patients with osteoporotic fractures to regain function and improve quality of life.

References

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- [2] Kubiak EN, Liew S, Civantos A, et al. Surgical Management of Osteoporotic Fractures. J Am Acad Orthop Surg. 2020;28(11):e379-e388.
- [3] Fernandez-Fairen M, Perez-Carro L, de Andres-Casals I, et al. Internal Fixation for Fragility Fractures in the Elderly: Current Concepts and Future Directions. Int Orthop. 2023;47(1):1-12.



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