

Internal fixation of bilateral intracapsular hip fractures using a dynamic locking plate system

While intracapsular neck of femur fractures are very common in the elderly, simultaneous bilateral fractures are extremely rare and have only been reported in a handful of cases (Burgers et al, 2014).

A 76-year-old woman presented to the emergency department following a minor fall at home with pain in both hips and inability to weight bear. A plain radiograph of the pelvis (**Figure 1a**) demonstrated bilateral intracapsular neck of femur fractures. Her past medical history was significant for ischaemic heart disease, hypertension, diabetes and poor mobility.

She underwent bilateral internal fixation using an innovative dynamic locking plate system (Targon FN), with both hips fixed sequentially during the same operation (Parker and Stedtfeld, 2010; Alshameeri et al, 2017).

A postoperative radiograph (**Figure 1b**) demonstrated satisfactory reduction and fixation of both fractures. With postoperative rehabilitation she made an uneventful recovery. Postoperatively, dual energy X-ray absorptiometry scan revealed osteoporosis and she was started on appropriate medical treatments.

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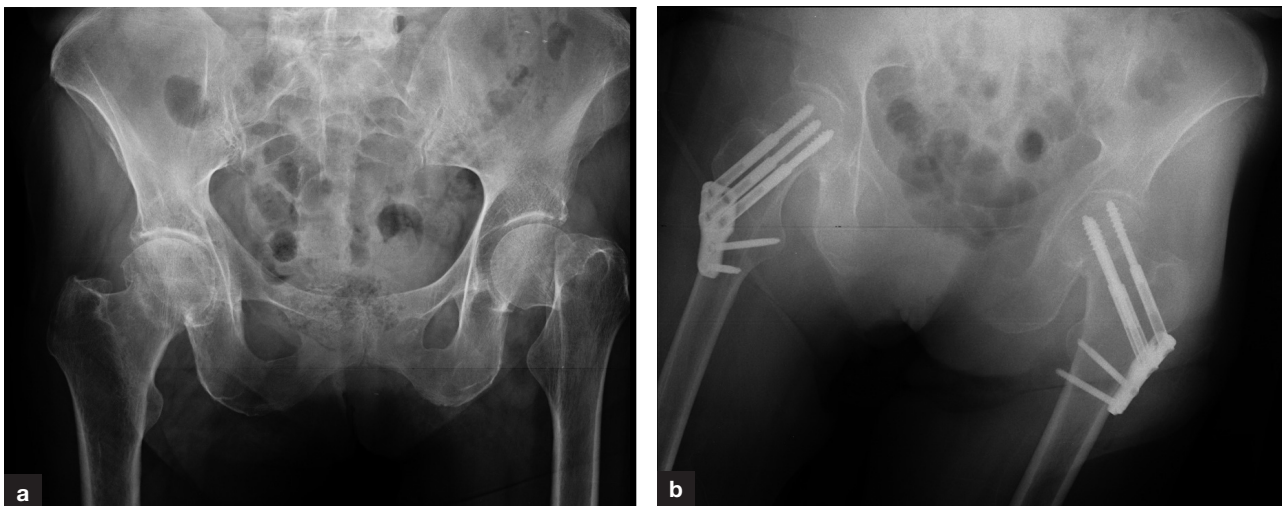


Figure 1. a. Anteroposterior radiograph of the pelvis demonstrating a displaced left intracapsular neck of femur fracture and a minimally displaced right neck of femur fracture. b. Postoperative radiograph demonstrating bilateral internal fixation of both hips with dynamic locking plate system (Targon FN).

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How to cite this article:

Matar HE, Chandran P. Internal fixation of bilateral intracapsular hip fractures using a dynamic locking plate system. *Br J Hosp Med*. 2020. <https://doi.org/10.12968/hmed.2018.0240>