

Proximal Femoral Nailing with Helical Screws for Intertrochanteric Fractures-Outcome Analysis

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1. Introduction

Intertrochanteric Fractures contribute 50 percentage of all hip fractures in elderly. Management depends on type of fracture and bone quality. Varieties of implant used such as 1. Dynamic hip screws , 2.proximal femoral nailing with helical screws and 3.Gamma nail. For last century DHS is gold standered surgery for intertrochanteric fractures. Recent 20 years Helical screws are used.

2. Materials and Methods

All patients who sustained intertrochanteric fractures were studied. Number of patients studied are 12.

Period of study-From day1of Intramedullary nailing with helical screws surgery till one year follow up.

Patients were examined

- 1) Postop
- 2) At 6 months
- 3) At 1year both radiologically and clinically.

3. Results

All 12 patients operated by this method showed very good post operative results in this study. All this patients had stable fixation even in highly comminuted fractured. All patients were mobilised postop. All fractures united well within the period of union. All patients showed good range of motion of hip joint.

4. Conclusion

Intramedullary nail with helical screws is the best method of fixation on intertrochanteric fractures in our study. It gives best bony union, Early mobilisation, Good range of motion of hip joint, No or less complication, Less operating time, Less blood loss, Less percentage of infection.





