

3 Part Proximal Humerus Fracture

UnifiMI Proximal Humerus System

Case Study | Dr. Chad Hanson



Patient History

The patient is a 69 year old female who presented with a 3 part proximal humerus fracture. She had fallen directly on the shoulder. She had no prior history of injury to the shoulder. Patient's pain was not adequately controlled with oral pain medications and rated at a 10/10.

Pre-Op Surgical Plan

Patient was placed in a sling, given oral analgesics and ice pack for pain control. Plan film radiographs revealed a 3 part proximal humerus fracture with significant varus deformity and loss of medial cortical support.





Surgical Procedure

Patient was placed in a modified beach chair position. A standard deltopectoral approach was performed. The fracture was identified and reduced using longitudinal traction. The OsteoCentric proximal humeral plate was placed in a center position on the head in the AP and Lateral radiographs. The locking fasteners were placed to secure the head to the plate. Distal non-locking fasteners were placed last to reduce the head of the humerus to the shaft in an anatomic fashion. Rotational profile of the proximal humerus was taken using the large c-arm revealing anatomic reduction with proper placement and alignment of the plate-screw construct.

Follow Up

Patient recovered with anatomic alignment and complete bone healing. She has near full range of motion and is able to perform activities of daily living. Her pain significantly decreased post surgery. She is satisfied with her result.



Clinical Advantages of UnifiMI

The OsteoCentric UnifiMI was advantageous due to the 4.0 mm locking fastener fixation in poor bone quality of the humeral head. Compression was able to be achieved with osteoporotic bone using the non-locking fastener construct. The patient also fell 3 days post operatively directly on the shoulder with no loosening or early hardware failure noted.

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75 West 300 N, Suite 150
Logan UT, 84321
Phone: 1-800-969-0639
info@osteocentric.com
osteocentric.com