

Hook Plate Fixation for the Fractures of the Lateral end of the Clavicle (Preliminary Report)

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Purpose

We evaluate the clinical outcome of unstable fracture of the distal clavicle treated with the AO LCP clavicle hook plate and discuss its advantage and problems.

Materials and Methods

Fifteen consecutive patients with instable fractures of the distal clavicle were treated using AO LCP clavicle hook plates from February 2008 to January 2009. The mean follow-up duration was 6 months (range, 2-13 months). The average age of patients was 48 years and there were 12 males and 3 females. Thirteen patients were treated primarily and two patients were treated for symptomatic non-union.

Results

All fractures eventually achieved solid bone union within 4 months after surgery. The average pain score at rest was 1 (range, 0-2), and the average pain score on abduction was 2.1 (range, 0-4). The average Constant-Murley score was 88.7 (range, 76-97) at final follow-up.

Conclusion

Treatment of fractures of the distal clavicle using LCP hook plate fixation is not without complications; however, it offers an acceptable alternative method that is easy to apply with good results. Furthermore, it allows early mobilization and maintains acromioclavicular joint biomechanics.