

# Sports Nutrition and Ortho Congress

December 08-09, 2016 | Philadelphia, USA

## Functional outcome of distal femoral shaft fractures after fixation with tibial nails

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**Objective:** The objective of this study is to assess the functional outcome and the time of healing in supracondylar femur fractures fixed with intramedullary tibial nail.

**Methods:** It was a randomized control trial study comprising of 25 patients with closed supracondylar femoral fractures operated with tibial intramedullary nail in Al Noor Specialty Hospital during a period of four years (2009-2013). The functional outcome was measured by Tegner Lysholm criteria during and after 4 years.

**Results:** Out of 25 patients, 20 were male and 5 were female. The mean time of healing was 15.80 (2.646) weeks. 6 (24%) patients showed excellent results, 12 (48%) patients showed good results and 7 (28%) patients showed fair results. There were no poor results in our study.

**Conclusions:** Retrograde tibial nails are cheaper, convenient and comparable option for stabilizing the supracondylar fracture compared to standard retrograde femoral nails.

### Biography

Siddieq Mohammed has interest towards volunteering and Public Health Promotion. Furthermore, he was an Active Organizer in many events and conferences at Umm Alqura University. He was the President of the Media Committee of the University Medical Student Club.

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