

Lateral Clavicular Fractures Associated with Acromioclavicular Luxation Treated by Osteosynthesis and Coracoclavicular Stabilization: A Surgical Technique

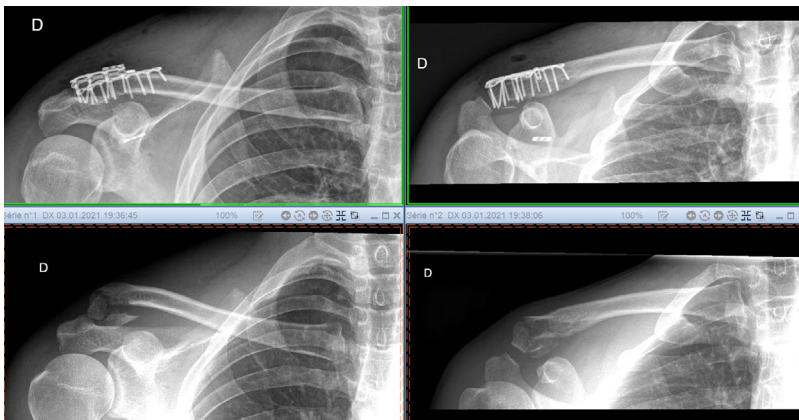
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Purpose: Unstable distal clavicle fractures associated with lesions of the coracoclavicular (CC) ligaments demonstrate a high symptomatic nonunion rate if treated conservatively. A variety of surgical techniques have been described. Many of these techniques were associated with high failure rates. Therefore, we have adopted a surgical technique that aims at stabilization of the CC ligaments in combination with osteosynthesis of the clavicle. We questioned: (1) loss of reduction; (2) clinical function in terms of the Oxford Shoulder Score (OSS), American Shoulder and Elbow Surgeons Shoulder Score (ASES), and visual analog scale (VAS); (3) return to work; and (4) return to sports.

Methods: This was a retrospective single-center case series conducted between 2015 and 2019 of patients who had a lateral clavicular fracture associated with a CC ligament lesion and underwent stabilization of the CC ligaments by FiberWire and osteosynthesis by low-profile plating (thickness 1.3 mm). Only acute lesions were included. Thirteen patients, with an average age of 48 years, had a clinical and /or radiological average follow-up of 3 years.

Results: Only one of the patients showed loosening of more than 5 mm of the CC ligaments, without horizontal instability and was completely asymptomatic. No loss of reduction was determined. The clinical function at an average of 38 months showed a complete recovery in 10 of the patients. The average OSS was 47 of 48, ASES 99, and VAS 0. All the patients, except two pensioners, went back to work within 2 months and back to sports within 5 months of the operation. Four of the patients were reoperated with the removal of the implants due to discomfort. No other complications were encountered.

Conclusion: Stabilization of the CC ligaments in combination with osteosynthesis of the lateral clavicle using low profile plating provides a surgical treatment option with complication rates consistent with the current literature, a very satisfactory clinical outcome, as well as early return to work and sports.



See the meeting app for complete listing of authors' disclosure information. Schedule and presenters subject to change.

TECHNICAL TRICKS AND TIPS