

**Distal Femur Fracture Fixation Utilizing the Less Invasive Stabilization System:****Late Results**

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**Purpose:** The purpose of this study was to present the experience of our department with the use of the Mini Invasive Plate Osteosynthesis (MIPO) technique and the Less Invasive Stabilization System (LISS) for the treatment of distal femur fractures.

**Methods:** This retrospective study included 11 patients, 4 males and 7 females, treated with a LISS plate for a distal femoral fracture in the last 4 years (between 2016 and 2020). Patients' mean age was 74 years (range, 69-86) while the mean time of follow-up reached to 23 months after surgery (range, 20-27 months).

**Results:** All patients presented radiological union of their fracture within an average of 16 weeks after surgery (range, 13-20 weeks). One patient presented nonunion and underwent surgery with the use of a longer plate and bone graft. Satisfactory range of motion of the knee joint ( $>100^\circ$ ) was observed in 7 patients while in 3 cases the range of motion did not exceed  $90^\circ$ .

**Conclusions:** Distal femoral fracture treatment utilizing the LISS technique results in high rates of union, reduced blood loss, and low infection rates respecting the principles of biologic fixation