

## البحث الرابع: بحث منشور ومشارك و سبق تقييمه مشتق من رسالة علمية

البحث سبق تقييمه في لجنة رقم ١٥ بتاريخ ٥ يوليو ٢٠١٩ ضمن أبحاث د/ محمد محمد صفاء الدين محمد عرفة (البحث الرابع) للترقية لدرجة أستاذ مساعد

متوسط درجات البحث: 66.6 تقدير البحث: مقبول نقاط البحث: 6.5

دراسة للمقارنة بين نتائج الرد والتثبيت باستخدام الاسلاك المعدنية في مقابل التثبيت الداخلى بواسطة الشرائح المغلقة لكسور أعلى عظمة العضد

### **Outcome of percutaneous fixation and locked plates in proximal humerus fractures.**

Introduction: The treatment of proximal humerus fractures remains controversial. Depending upon fracture pattern, age and level of activity: conservative treatment, open reduction and internal fixation (ORIF), percutaneous fixation and joint replacement. Patients and

Methods: This study was conducted upon 40 patients with mean age 45 years old, range from 18 to 70 with 2, 3 and 4 part fractures according to Neer's classification(1,2), patient was randomized to either (group 1) includes 20 patients who were treated with open reduction and internal fixation and (group 2) who were treated by percutaneous K-wires fixation. Functional evaluation was done according to ULCA score(3) ,these cases where checked with standard X-rays and CT scan.

Results: The mean follow up of UCLA score(3) was 30 points (range from 26 to 34) points in (group 1) and 31 points (range from 27 to 35 ) points in (group 2). Values varied depending upon fracture type with worst values in 4 part fractures.

Conclusion: We obtained satisfactory results in both groups with each procedure having its advantages and drawbacks. We found that fixation with percutaneous K-wires presented an efficient treatment option with the advantages of minimal invasions and soft tissue dissection while PHILO'S plate fixation provided stable fixation with minimal implant problems with ability to perform early range of motion exercises to achieve acceptable functional results.