

Intercondylar fracture

Dr C. HORTEUR

Service de chirurgie Orthopédique et Traumatologie du Sport, Urgences. CHU de Grenoble, Hôpital Sud



Case 1 : « TRELAT » Fracture

61 yo

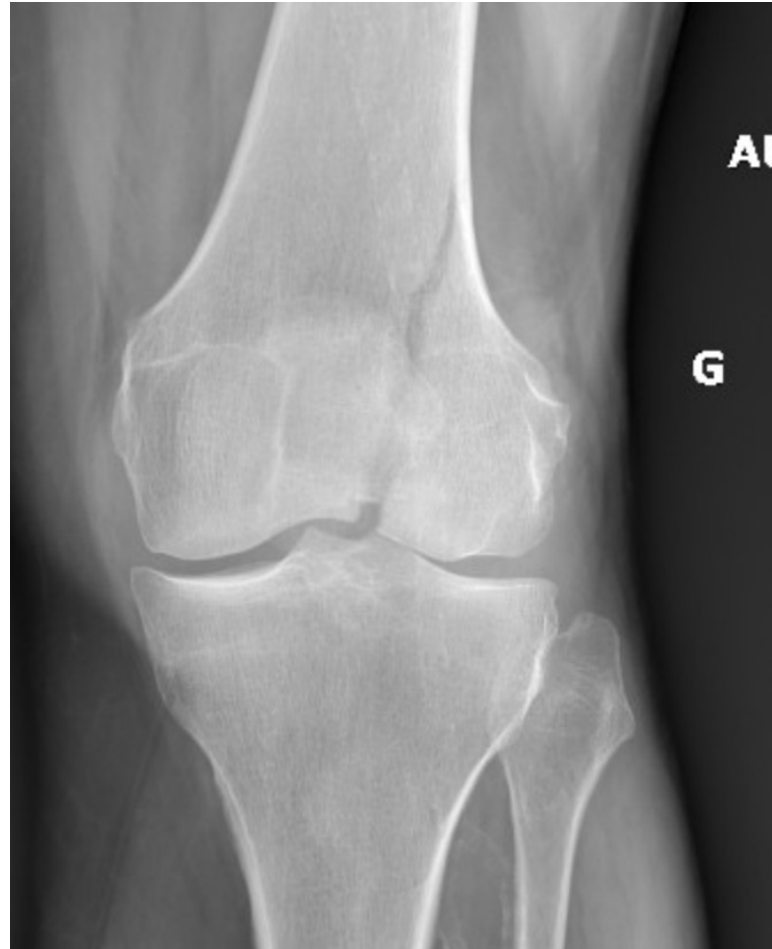
Fall in the street





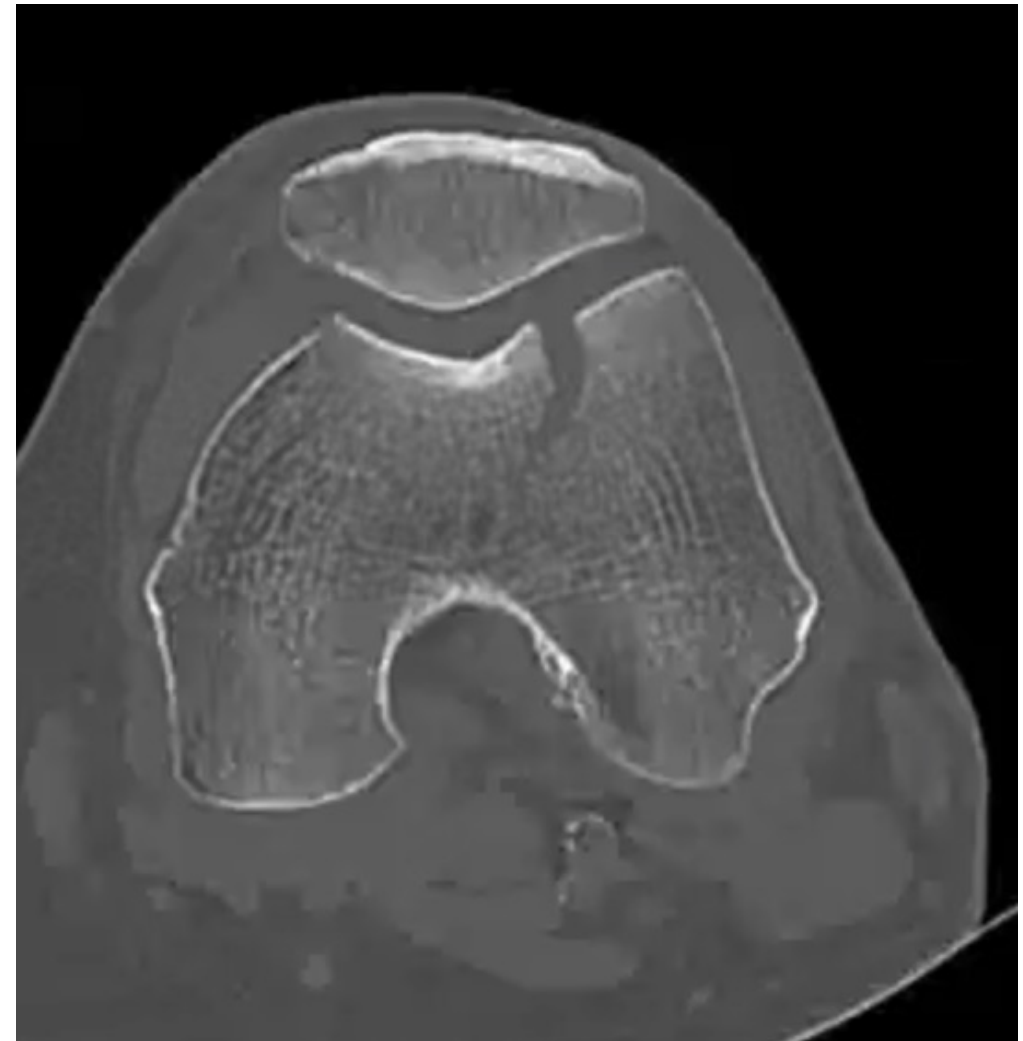
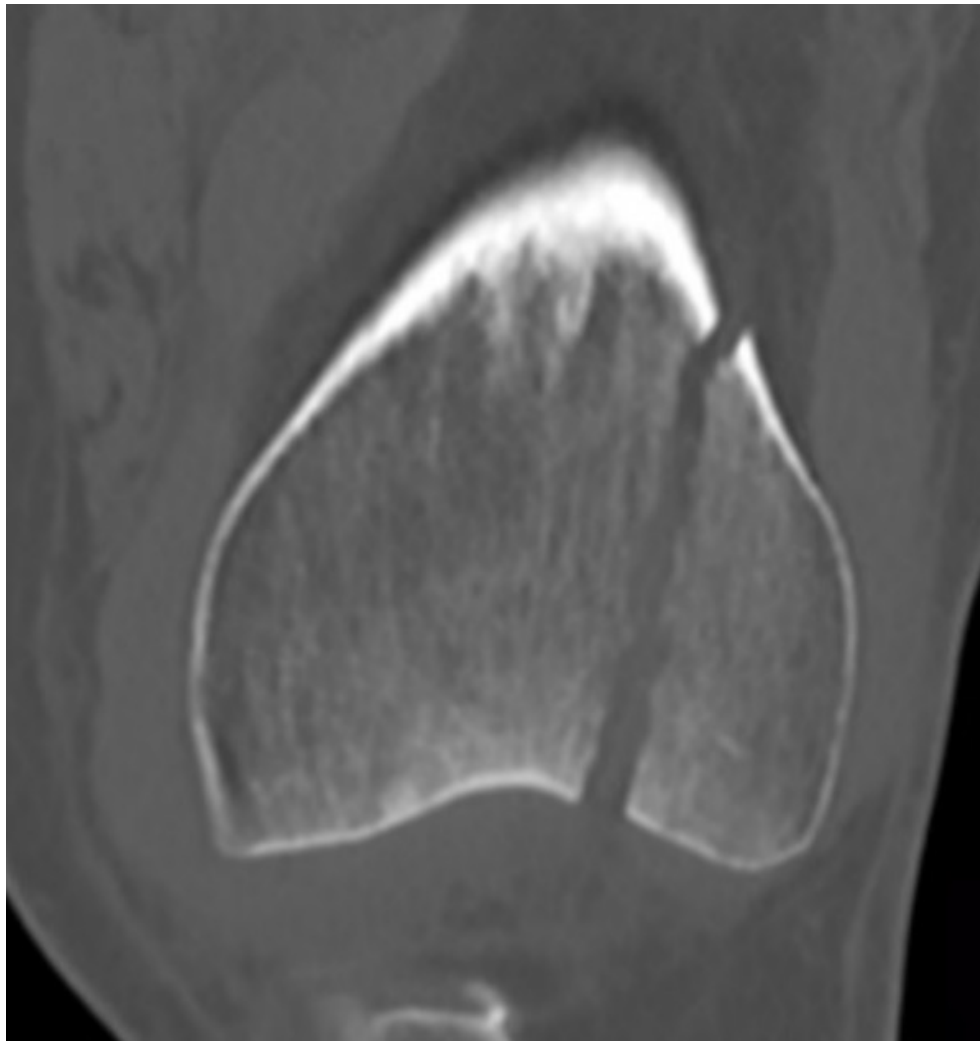
Case 1 : « TRELAT » Fracture

Do you need more?





Case 1 : « TRELAT » Fracture



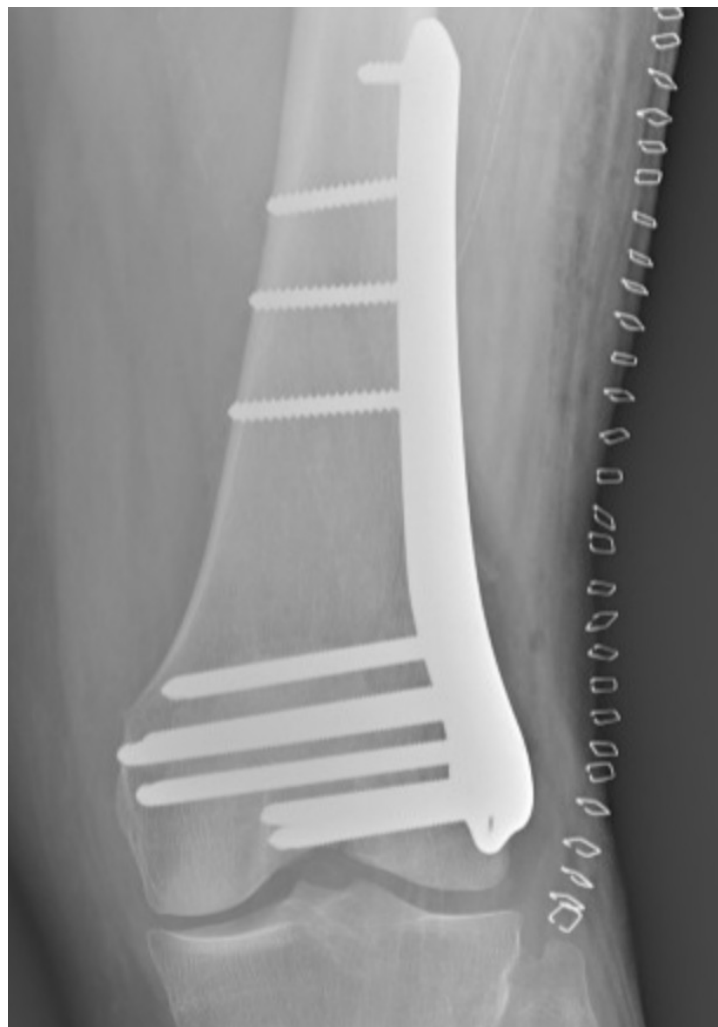
Case 1 : « TRELAT » Fracture

ORIF

+ 18 months

0 – 0 – 110°

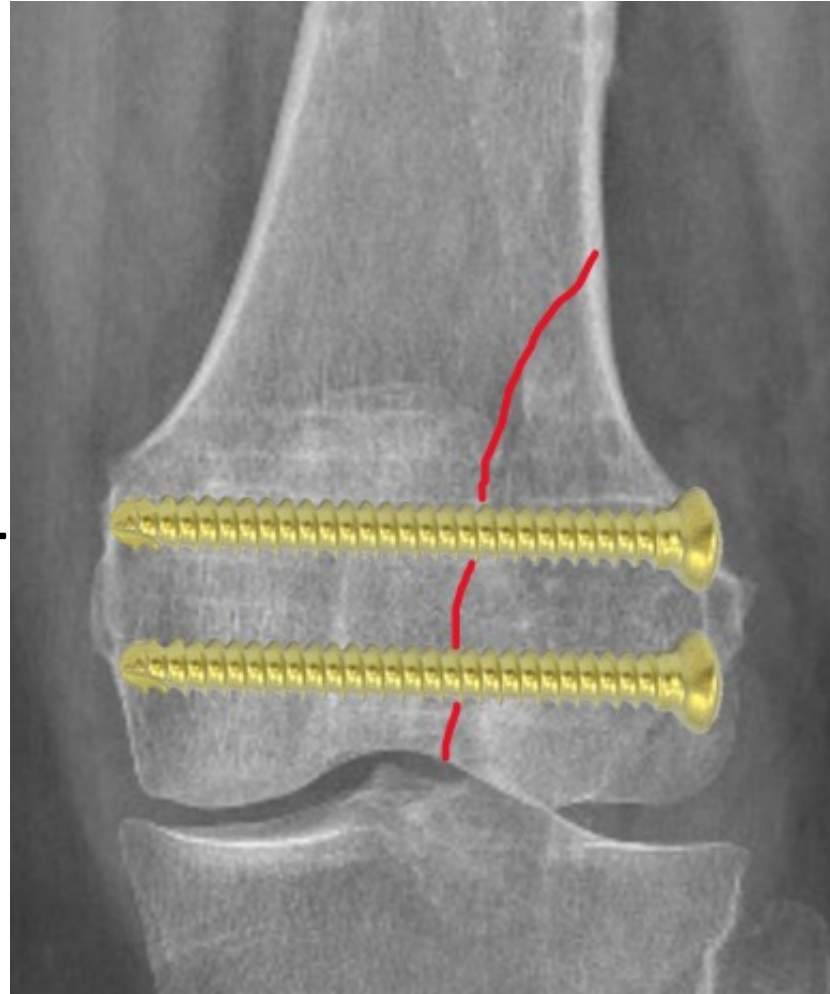
**No pain after plate
removal**





Isolated lag screws

- Cancellous bone screws ++
- Cortical screw with gliding hole --



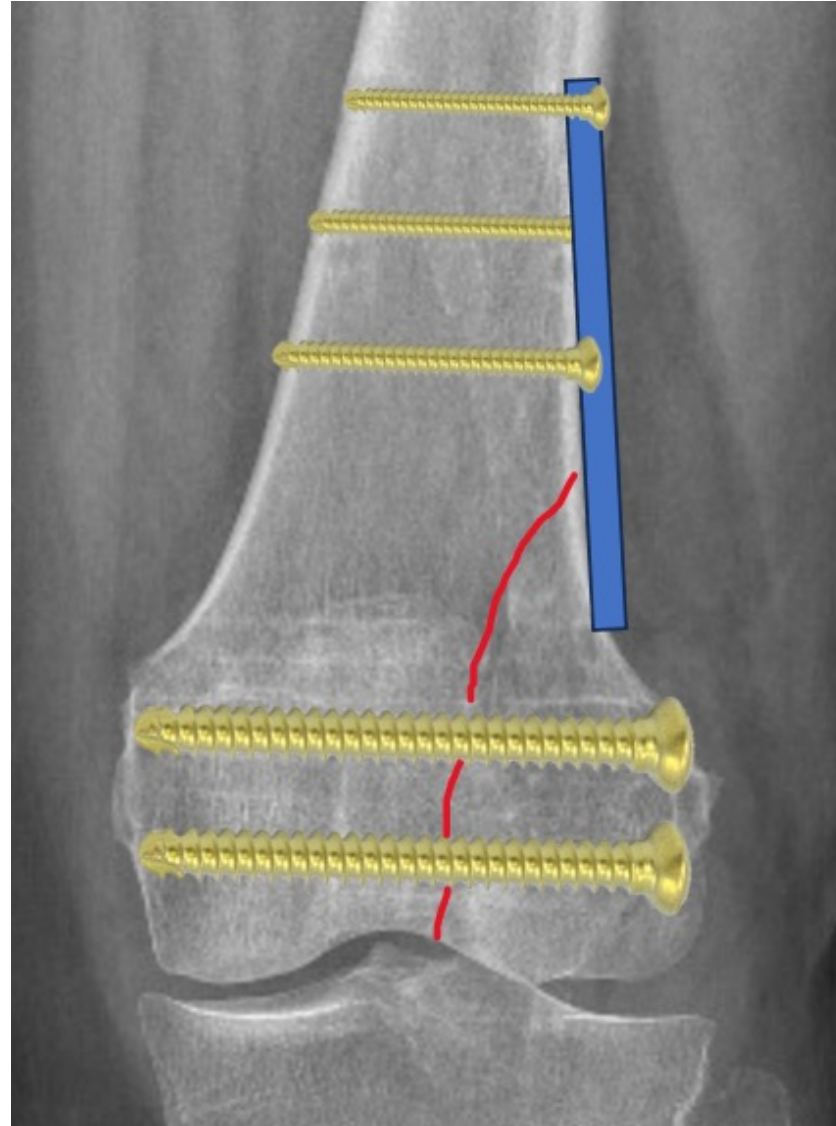


Case 1 : « TRELAT » Fracture

Isolated lag screws

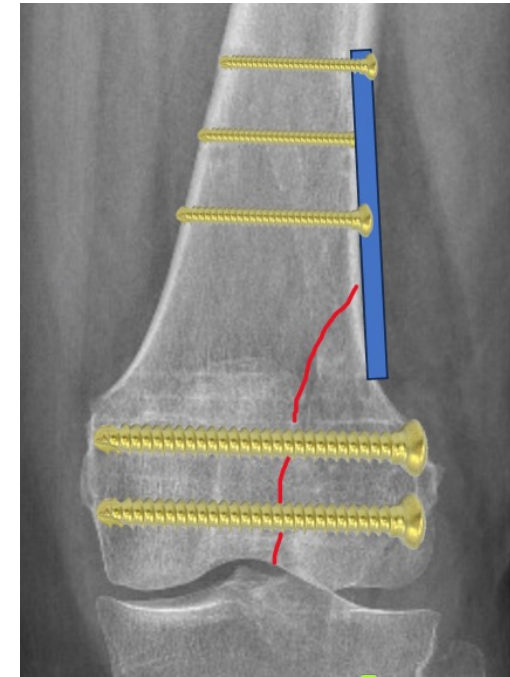
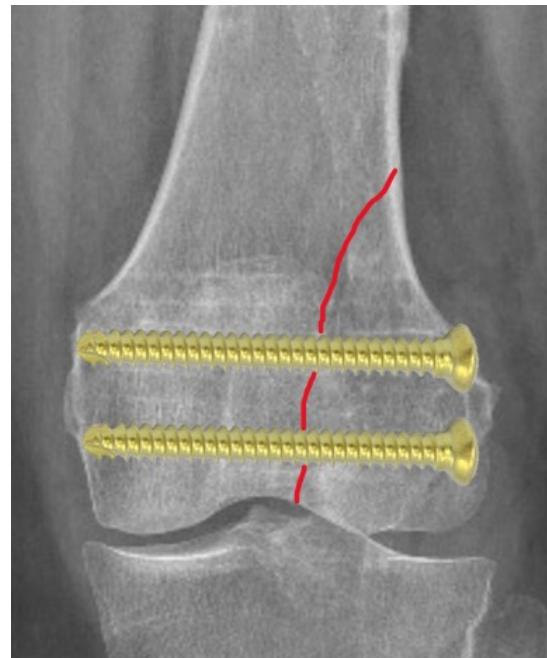
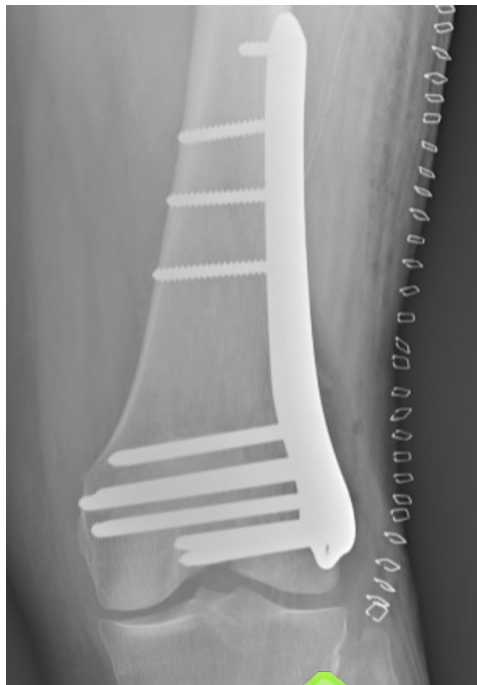
+

Buttress Plate





Case 1 : « TRELAT » Fracture



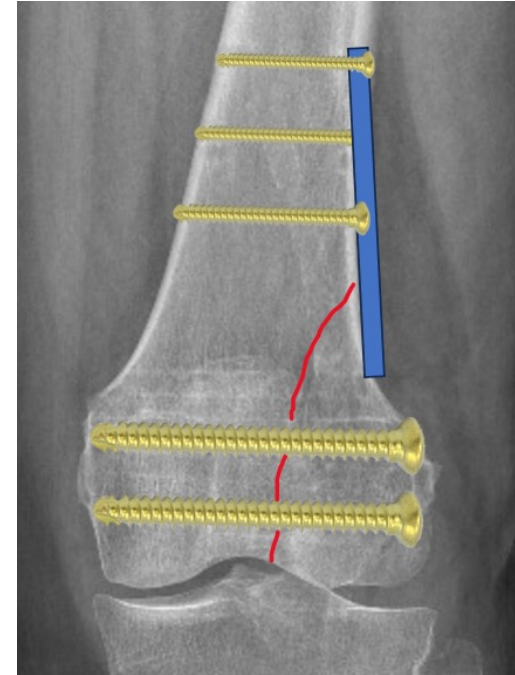
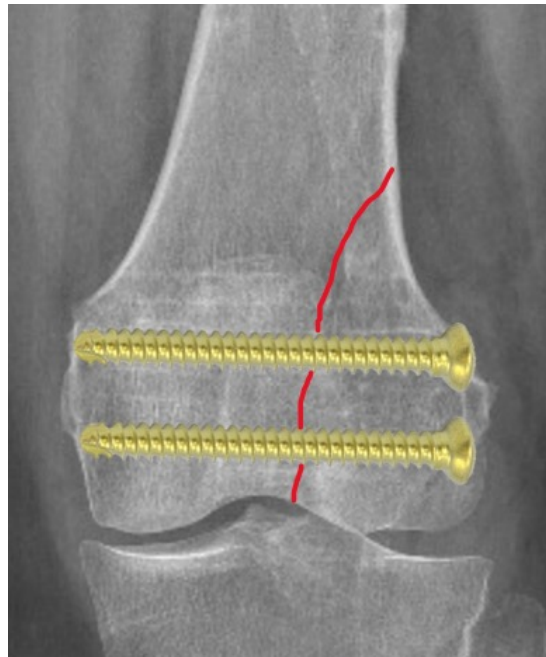
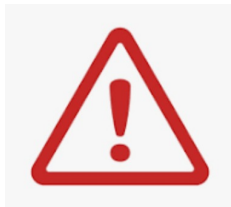
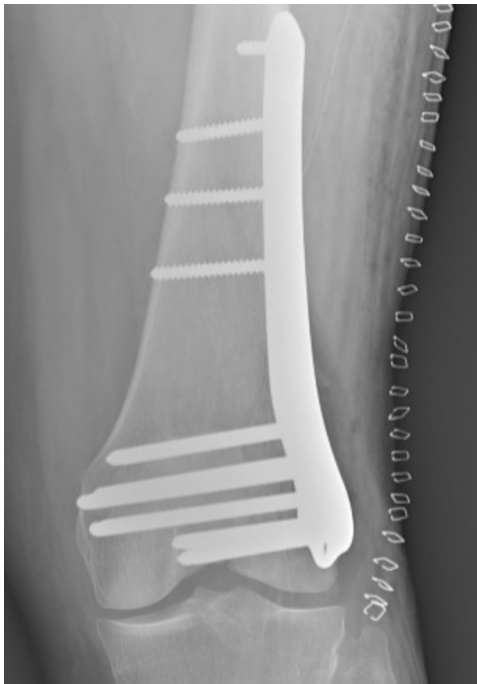
Multicenter Study > Orthop Traumatol Surg Res. 2014 Dec;100(8):873-7.
doi: 10.1016/j.otsr.2014.10.005. Epub 2014 Nov 18.

Unicondylar fractures of the distal femur

J-C Bel ¹, C Court ², A Cogan ³, C Chantelot ⁴, G Piétu ⁵, E Vandebussche ⁶; SoFCOT ⁷



Case 1 : « TRELAT » Fracture





Case 1 : « TRELAT » Fracture



1 – Fracture reduction and compression with the plate

2- Locking screws distally

3 - Cortical screws proximally →



Other issue : thickness of the plate distally



Non displaced fracture

→ conservative treatment ?

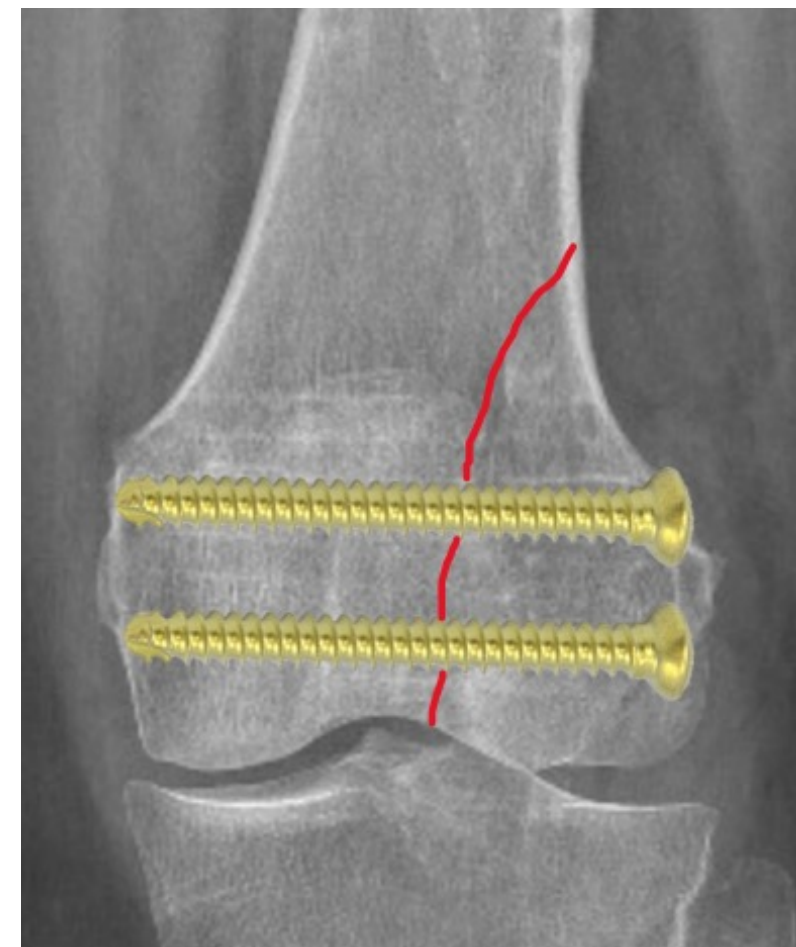
→ percutaneous surgery + @control or Xray
control of the reduction ?



Non displaced fracture

→ conservative treatment ?

→ percutaneous surgery + @control or Xray
control of the reduction ?





Case 2 : INTER and SUPRA condylar fracture

Woman, 50 yo

Ski accident

- Retrograde nail

- Nail removal

- Traction waiting for soft tissue
healing

- Surgery at 1 month





Case 2 : INTER and SUPRA condylar fracture

Lateral plate





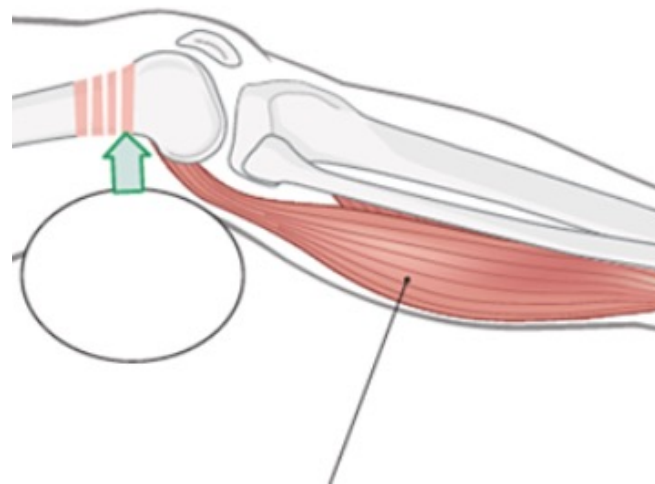
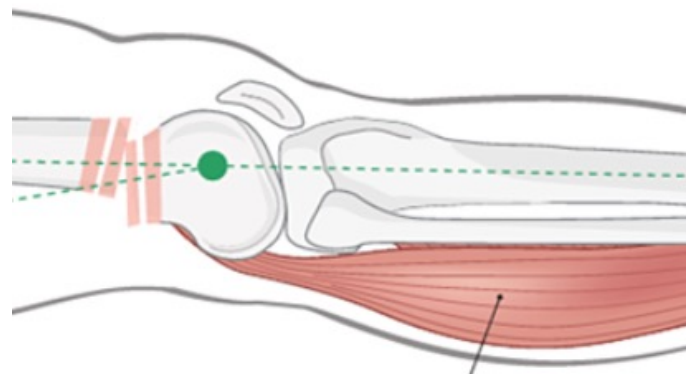
Case 2 : INTER and SUPRA condylar fracture

Lateral plate

Patient positioning :

Supine position

Knee flexion 30-45°

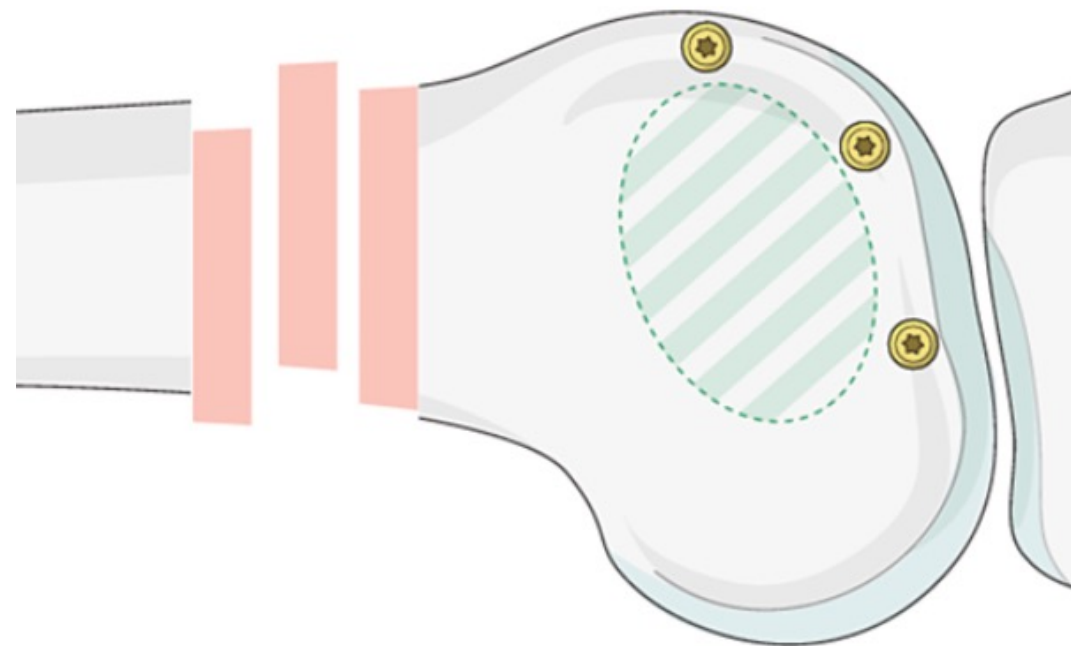




Case 2 : INTER and SUPRA condylar fracture

Lateral plate

**Step 1 : the two
condyles**



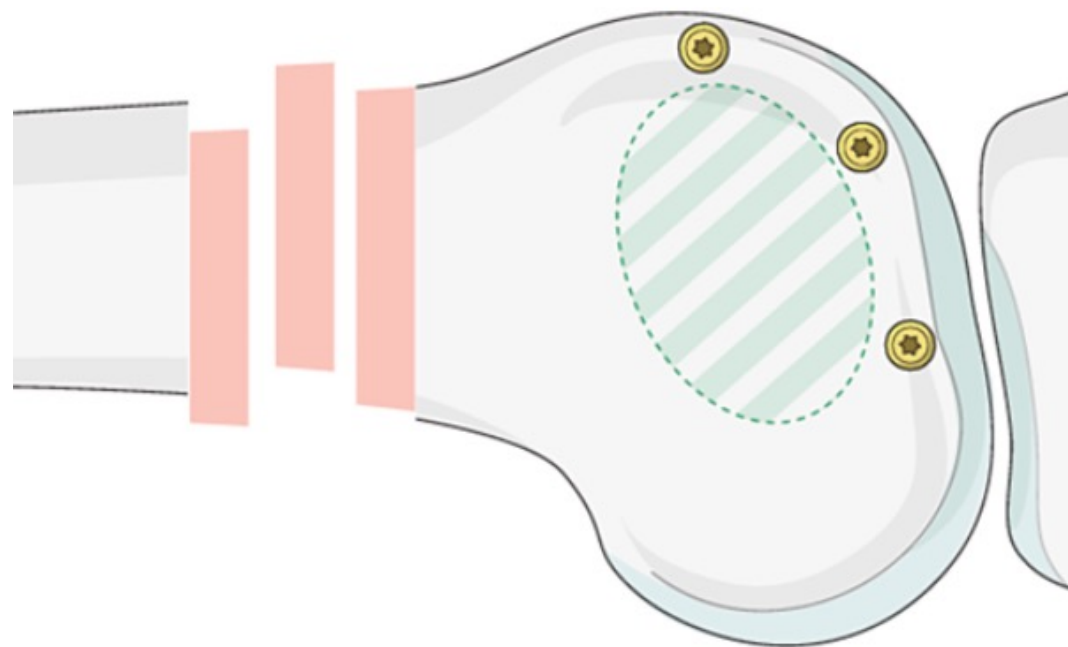


Case 2 : INTER and SUPRA condylar fracture

Reduction :
Full extension

**If reduction is impossible from lateral
approach : what are the options ?**

- **Medial approach**
- **Tibial tuberosity osteotomy**





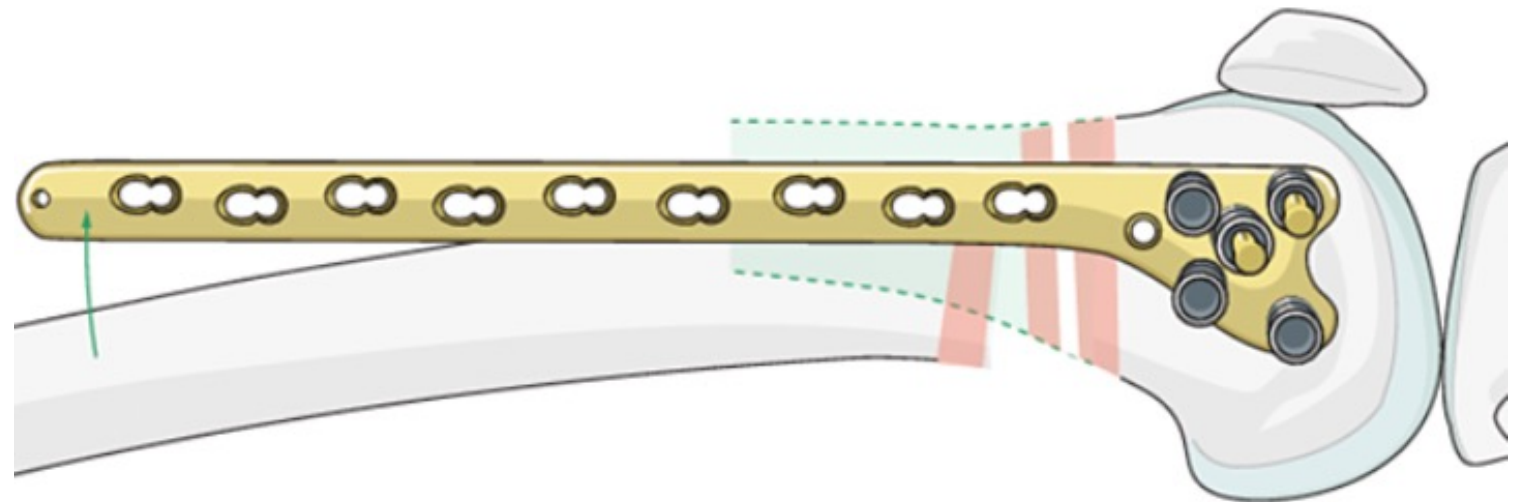
Case 2 : INTER and SUPRA condylar fracture

Lateral plate

Step 2 : reduce with
proximal fragment

- temporary fixation
(screw, K-wire, traction)

- reduction with the
plate





Case 2 : Intercondylar and supra condylar fracture



Case 2 : Intercondylar and supra condylar fracture

Double plate → reduces the risk of varus collapse



> [Arch Orthop Trauma Surg.](#) 2023 Oct;143(10):6209-6217. doi: 10.1007/s00402-023-04953-4. Epub 2023 Jun 22.

The double-plate fixation technique prevents varus collapse in AO type C3 supra-intercondylar fracture of the distal femur

Chang-Heng Liu ^{1 2}, Ping-Jui Tsai ^{1 2}, I-Jung Chen ^{1 2}, Yi-Hsun Yu ^{1 2}, Ying-Chao Chou ^{1 2}, Yung-Heng Hsu ^{3 4}





Case 2 : Intercondylar and supra condylar fracture



Retrograde nail

Indicated +++ for supra condylar fracture

Controversial for intercondylar fracture

[Case Reports](#) > [Cureus](#). 2022 Jun 24;14(6):e26276. doi: 10.7759/cureus.26276.

eCollection 2022 Jun.

Retrograde Intramedullary Nailing Hardware Failure of a Supracondylar Distal Femur Fracture With Intercondylar Extension

[Mark D Miller](#)¹, [Jorge Perera](#)², [Erin Smith](#)³, [Jeffrey Burnette](#)³

THANK YOU