Distal femoral fractures

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Metaphyseal osteoporotic fractures of the distal femur are amenable to internal fixation with locked intramedullary nails or plate and screw fixation. If the fracture extends into the articular surface, reconstruction may be undertaken with cannulated screws augmented with intramedullary nailing or injury-specific locking plates for the distal femur. More commonly now these injuries are often next to a knee replacement (periprosthetic fracture), which can add technical complexity; surgical decision making is influenced by whether the implant is attached to bone or is loose, the amount of bone to fix into and the health status of the patient. More recently , primary and revision arthroplasty have been considered in these situations to allow early mobilisation.

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