ABSTRACT

Objective: Review of patients with closed diaphyseal fractures of one or both forearm bones treated by limited contact dynamic compression plates.

Patients and Methods: Retrospective evaluation of 100 consecutive operations for patients with fractures of either one or both bones of the forearm (136 fractures) fixed with limited contact dynamic compression plates.

Results: There were excellent results in terms of fracture union and function after an average follow-up period of 2.5 years. The time to union averaged 12.3 weeks with satisfactory to excellent results for 95% of patients. No major complications were noted. Timing of surgery, sites of fractures, dorsal or volar approach, and bone grafting did not significantly contribute to either time to union or functional outcome.

Conclusion: Until newer implants are devised and as extensively assessed as the versatile limited contact dynamic compression plates, these should be used as the implant of choice for all closed displaced diaphyseal fractures of forearm bones.

Key Words: Diaphysis, Forearm, Fracture, Internal fixation