Open reduction and plate fixation of severely displacement fresh clavicle fracture in well-selected cases

Methods: 53 consecutive adult patients with severely displaced fresh fractures of the middle third of the clavicle, who were treated by open reduction and plate internal fixation, were studied in a one year period in Zahedan, Iran. Union shoulder motion and complications were analyzed in 49 patients (29 women, 20 men) who referred for follow-up, with an average follow-up of 12 months.

Results: The mean age of patients was 33.4 years (19-62 years). 48 cases (97.9%) obtained union and one case (2%) developed malunion and required corrective osteotomy. Dermatologic complications were observed in 2 cases. All the patients had full motion and function.

Conclusion: Open reduction and plate fixation of severely displacement fresh clavicle fracture in well-selected cases can result into good union with minimal complications rate.

Keywords: Clavicle; Fractures, bone; Fracture fixation, internal

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