

## FUNCTIONAL EVALUATION OF PROXIMAL HUMERUS FRACTURES TREATED BY PHILOS PLATING

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### Abstract

The study of proximal humeral fractures treated by PHILOS angled stable implant was undertaken in the department of Orthopaedics, between October 2017 and September 2019 at King George Hospital/ Andhra Medical College, Visakhapatnam.

#### Purpose:

we have recruited 30 patients in our study which consisted of Neer's type 2 to 4-part fractures. In our study 2-part fractures are more than three and four part which is consistent with the studies in the literature. Males dominated in our study with 21 males and 09 females and left sided injuries are more common than on the right side which is 17

Domestic falls dominated in our study than road traffic accidents that is 21 and 09 respectively which is contrary to most of the studies in the literature, but we are concurrent with few studies in the literature. As far as management is concerned, PHILOS plate, stable, angled construct is used in all our cases and the results evaluation done with Constant Morley score which ranged 54 to 87. Our average score is 67.43 which is in concurrence with few of the studies.

#### Results:

The rehabilitation after operation started early with pendulum exercises as soon as the patients compliance within the limits of pain. The range of movements in our study, abduction maximum range obtained is 120 to 150 degrees and forward flexion 90 to 120 degrees and rotations average score is 7. Though we have few complications like stiffness of shoulder intra-articular screw penetration superficial infection and sub acromial impingement we have dealt with all these complications appropriately. Significantly varus malunion did not occur in our study

### Biography:

Dr. P.S.V.R.V.G. Vijay Kumar, M.B.B.S completed PG from NTR University of health sciences, India.

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