

## **OTA International Focus Forum Handout**

### **Femur Fractures Associated with Knee Dislocations**

- I. Knee Dislocation with Ipsilateral Femoral Shaft Fractures**  
(J Orthop Trauma 2005;19-205-210)
  - 4 patients/5 injuries (ages 21-23)
  - All managed by:
    - Immediate reduction dislocation
    - Intramedullary nailing femur fracture
    - Postop knee immobilization (brace or external fixator) minimum 6 weeks
    - Secondary ligament reconstruction (for 4 of 5 knees)
    - Knee Society Score = 133 (range 99-170) at 2 year follow-up
  
- II. Knee Ligament Injuries and Femoral Shaft Fractures**
  - A. Floating Knee Injuries**
    1. 70% had knee ligamentous injuries (ACL was then most common) (Liu et al., 2005)
    2. 15 of 47 patients (32%) had knee instability at follow up (van Raay et al., 1991)
    3. 53% had knee ligament laxity and 18% had instability (most had an ACL tear) (Szalay et al., 1990)
  
  - B. Ipsilateral Femoral Shaft Fractures**
    1. 2.7% ACL tear incidence (Rodriguez-Merchan et al., 2013)
    2. 19% ACL injuries, 7% PCL injuries (Dickson et al., 2002)
    3. 5.3% had ipsilateral knee ligament injuries in an MRI study (Moore et al., 1988)
    4. 33% knee ligament injuries (Walling et al., 1982)
    5. 50% had ACL injury, 31% had MCL injury, 13% had LCL injury, and 6% had PCL injury (Walker and Kennedy, 1980)