

Safe Surgical Dislocation or the Modified Heuter Anterior Approach for Pipkin Type I and II Femoral Head Fractures?

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This video showcases two important surgical approaches for open reduction and internal fixation of isolated femoral head fractures. Safe surgical dislocation and the modified Heuter anterior approach are well-described evidence-based surgical approaches for the management of femoral head injuries. This video demonstrates both surgical approaches using live video and line diagrams, taking the viewer through a series of key steps involved in performing these approaches to reduce and fix femoral head fractures. The advantages and limitations of both approaches are discussed. The video reviews the results of these two approaches in 60 patients with Pipkin type I or type II injuries. The results showed that the modified Heuter approach takes less surgical time, is associated with less blood loss, and is associated with better pain scores 24 hours postoperatively. The functional outcomes and complications at a minimum follow-up of 24 months were similar in both groups. The results of this study and previously published studies on these approaches show both approaches can be effectively used to manage Pipkin type I and type II fractures with minimal complications.