

# **MINIMALLY INVASIVE PCL AVULSION FRACTURE FIXATION TECHNIQUE**

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Abstract:

Aim:

To describe the technique of minimally invasive PCL avulsion fracture fixation technique

Introduction:

Pcl avulsion injury is common in high energy road traffic accidents with a characteristic direct anterior force to a flexed knee as commonly seen in motorbike riders.

Open reduction is the gold standard treatment option

Design :

Prospective single-centre case series.

Participants:

Patients with PCL avulsion visiting our hospital between January 2020 and May 2023

Procedure:

All patients were evaluated as per our institute protocol and underwent general anesthesia. Pre-operative written consent was obtained. Universal precautions and time-out protocol were followed in the operating room.

Surgical Technique:

1. Prone positioning
2. Strategic Dissection plane
3. Deep dissection
4. Retraction of the neurovascular bundle
5. Fracture reduction and fixation
6. Closure.

Outcomes:

In our study, 20 patients with PCL avulsion were treated, including 18 males and 2 females .All of them underwent ORIF with screw fixation Patients were followed up weekly for 4 weeks, then monthly for 6 months, and finally at the end of the year.

Results:

All 20 patients with PCL were treated with the described surgical procedure,

Conclusion:

This is a safe technique with very minimal soft tissue dissection and simple to reproduce.