

# **Functional Application of Tricks for Super Obese Patient Positioning: A Technical Guide for Hip Fractures on a Fracture Table With a Case Example**

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## **Introduction**

Patients with obesity and a hip fracture have an increased risk for perioperative complications because of their size and associated medical conditions. This video describes a technique for intraoperative positioning of patients with obesity who sustain a hip fracture.

## **Materials and Methods**

A 62-year-old woman with a history of morbid obesity (body mass index, 48.06 kg/m<sup>2</sup>), type 2 diabetes mellitus, and hypertension presented with a right Orthopaedic Trauma association/AO foundation type 31A1.2 intertrochanteric fracture. The patient was admitted for surgical fixation on a fracture table.

## **Results**

A standardized approach for systematic patient positioning and pannus taping is described. This approach facilitates surgical repair of the hip fracture with the use of a cephalomedullary nail.

## **Discussion**

This video describes intraoperative positioning of a patient with morbid obesity and an intertrochanteric hip fracture. Specific techniques to manage the physical aspects of obesity are highlighted to improve the surgical efficiency of the procedure.

## **Conclusion**

By positioning patients with obesity in a standardized manner, surgical time and complications decrease, mediating the risks associated with this patient population.