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< >

: J  
: 1996 10 2000 5  
J 12 1 가 가 11  
가 Morrey 가 ,  
가  
: 12 (10 ~ 18 )  
가 4 , 6 , 1 6 (0 ~ 20 ), 126 (90 ~ 150 ) Morrey  
: J  
:  
: , , J

(dual plate)

가

2,4,7)

J

, Y  
2,3,6)

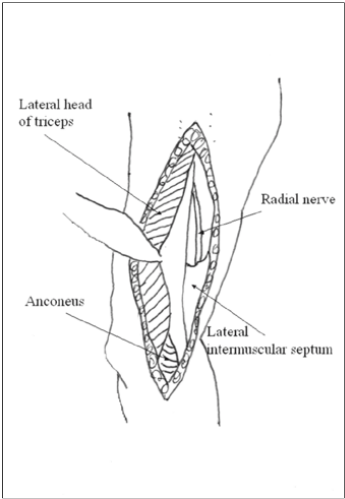
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**Table 1.** Characteristics of the patients.

Serial Number	Age	Sex	Cause	AO Classification	Complication	Flexion Contracture	Further Flexion	Functional Score
1	37	M	TA*	A3		0	110	Excellent
2	35	F	TA	A2		0	150	Excellent
3	17	F	FD <sup>‡</sup>	A3		0	130	Good
4	21	M	FD	A2		0	150	Excellent
5	33	M	TA	A3		10	120	Good
6	34	M	FD	A3		0	120	Good
7	45	F	TA	A3		20	120	Fair
8	50	F	FD	A3	Numbness on hand	15	90	Good
9	25	F	TA	A2		10	150	Excellent
10	31	M	TA	A3		0	120	Good
11	29	M	SD <sup>‡</sup>	A3		10	130	Good

\* Traffic accident / <sup>‡</sup> Fall down / <sup>‡</sup> Slip down



**Fig. 1 :** Photograph of modified lateral approach of humerus.



**Fig. 2 :** Photograph of lateral J plate.

4 , 1 , AO  
A2 3 , A3 8  
6 (4~11 )  
1996 10 2000 5  
J 10)  
12 1  
가 11 (Table  
1). 가 6 , 가 5 , 32  
(17~50 ) 6 , 4 cm

(Fig. 1). 3 1  
6 (0~20 ),  
126 (90~150 ) ,  
J (Egire , Osteo  
Concept, Paris, France) . J Morrey 가 4 , 6 , 1  
J  
(Fig. 2).  
A3 8  
3 (2~4 )  
가  
3 1,3,9,12,13),  
가  
Jupiter  
5)  
가 1 5,6),  
, Morrey<sup>12)</sup> (Table 2.) 가 AO  
1/3 semitubular  
7,8,11,13,15,16)  
Y  
12 (10~18 )  
(Fig. 3). 1

Table 2. Morrey 's functional score.

Pain (30 points)	None - 30 Moderately severe - 10	Slight - 20 Severe - 5	Moderate - 15 Completely disability - 0
Motion (37 points)	Extension - 0 to 8	Flexion - 0 to 17	Pronation/supination - 0 to 12
Function (12 points)	12 functions Normal - 1 Difficulty - 0.5	Mild compromise - 0.75 With aid - 0.25	Unable - 0
Strength (15 points)	Flexion, extension, pronation, supination Normal - 5 Poor - 2	Good - 4 Trace - 1	Fair -3 None - 0
Instability (6 points)	Anterior/posterior, medial/lateral None - 3 Moderate - 1	Mild - 2 Severe - 0	

Excellent=95-100; Good=80-94; Fair=50-79; Poor=<50

**3-B :** Postoperative 15 months roentgenogram shows lateral J plate fixation and good union.

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## Abstract

## Fracture in Distal Humeral Shaft and Metaphyses

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**Purpose** : This is a retrospective study to analyze the clinical results of the usefulness of the lateral J plate fixations in distal humeral shaft and metaphyseal fractures.

**Materials and Methods** : From October 1996 to May 2000, eleven patients with distal humeral shaft and metaphyseal fracture were treated by open reduction and internal fixations with lateral J plate fixations. The clinical results were analyzed according to Morrey 's functional rating scale. Radiological unions, complication, and range of motion of the elbow were assessed.

**Results** : All fractures were united at 12 weeks (range, 10 ~ 18) in average. Finally, average range of motion of the elbow joint was flexion contracture 6 degrees in average(range, 0 ~ 20) to further flexion 126 degrees in average (range, 90 ~ 150). Morrey 's functional rating scale were as follows; excellent 4, good 6, and fair 1.

**Conclusion** : Lateral J plate fixations can be a good treatment method for the transitional zone of distal humeral shaft and metaphyseal fractures.

**Key Words** : Humerus, Distal shaft and metaphyseal fracture, Lateral J plate

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