

Avulsion Fracture Of Anterior Superior Iliac Spine In Sports Case Report

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Introduction

Avulsion fracture of anterior superior iliac spine is rare. It is most commonly seen affecting the growing apophyses of adolescents, and are often missed on initial presentation. This injury is usually seen in young athletes. It results from indirect trauma. It caused by sudden and forceful contraction of sartorius and tensor fascia latae muscles during hip extension, as occurs in running, kicking a ball or swinging a baseball bat.

Methods

We reported a 14 year old boy presented to emergency department with sudden pain in his left anterior thigh and anterior pelvic region while running 400 metres in the school. On examination, his gait was affected by pain in the left thigh, there was tenderness to the left anterior superior iliac spine on palpation, and all hip movements were limited by pain. Plain film radiographs show displaced avulsion fracture of left anterior superior iliac spine. It was treated with open reduction and internal fixation with two cancellous screws.

Results

Fracture was well united six weeks after surgery. His range of motion of left hip and knee were full. His gait returned to normal.

Conclusions

Avulsion fracture of anterior superior iliac spine in adolescent is clinically important injury. Early diagnosis and treatment was very important to ensure good clinical outcome. Early surgical management is mandatory for displaced avulsion fracture of anterior superior iliac spine.

Five keywords

avulsion, anterior superior iliac spine