

Functional Outcome of Plating versus Nailing in Adult Midshaft Radius-Ulna Fractures

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Abstract

Objectives: Study regarding mode of injury and restore anatomical alignment. Comparison of various functional parameters among study group post-operatively. **Methods:** Study was conducted by collecting data of 90 adult cases of either sex with mid-shaft radius ulna fractures among them 45 underwent plating while rest 45 cases underwent nailing and followed for 6 months post-operatively for assessment of functional outcome in form of pain, tenderness, stiffness, grip strength, pain while weight bearing. **Results:**Complication rate was less in plating (13.33 Percent) as compared to nailing, which was (26.66 Percent). The average period for immobilization was less in plating (2-4 weeks) as compared to nailing (4-6weeks). **Conclusions:**Open reduction and internal fixation with plating remains the treatment of choice in most of the forearm fractures. Well-contoured intramedullary nail system is not superior to plate fixation but can be considered as an alternative to that method for selected diaphyseal fractures of the forearm in adults.