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**a\_484**

**Fractures of the Ankle Posterior Malleolus, Classification and Treatment Vision**

Fracturas del maléolo posterior del tobillo, clasificación y visión de tratamiento

# ABSTRACT

# Introduction: Fractures of the posterior malleolus are common and resulting from rotational injuries of the ankle, which are ignored due to the spontaneous reduction of these fragments after open reduction of the lateral malleolus. The current trend is to perform the anatomical correction of the joint and to avoid an intra-articular step.

# Objective: To review the current state of knowledge and classification of posterior tibial malleolus fractures and treatment trends.

# Methods: A review was carried out of the PubMed literature of papers published in English in the period 2011-2021; the search terms adopted were “posterior tibial malleolus fractures”, “posterior tibial malleolus fracture classification”, reatment of fractures of the posterior tibial malleolus". Articles freely accessible or through Clinical Key and Hinari service were also reviewed. Conclusions: The anatomical repositioning of the posterior tibial malleolus in ankle fractures allows to achieve better results. The classifications and the posterolateral approach help to achieve this.

# Keywords: posterior tibial malleolus; classification; treatment trends.

**a\_505**

**Results of Functional Treatment of Metatarsal Fractures in First Radius Fractures**

Resultados del tratamiento funcional de las fracturas del metatarso en las fracturas del primer radio

# ABSTRACT

# Introduction: Metatarsal fractures are the most common traumatic injuries of the foot, and those of the first metatarsal are the fourth in frequency. The functional treatment of metatarsal fractures consists of effective and early support, without limb immobilization.

# Objective: To compare the effectiveness of functional treatment in fractures of the first metatarsal with conventional treatments.

# Methods: An analytical, observational, retrospective, case-control study was conducted on 102 first metatarsal fractures over a period of eight years. The sample included patients of both sexes, between 16 and 65 years of age. Functional treatment was compared with orthopedic and surgical treatments. The fractures were classified according to location, therapeutic recommendation and treatment. The results were evaluated according to the duration of the temporary incapacity and the complications.

# Results: Forty eight fractures were treated with the functional method and 41 by offloading and immobilization. The thirteen patients with surgical indication criteria were operated by reduction and osteosynthesis. A shorter duration of disability and fewer complications were achieved with functional treatment than with conventional treatments.

# Conclusions: In recent years, the tendency to treat metatarsal fractures conservatively has increased and many authors recommend the functional method as the treatment of choice. This provides earlier healing and causes fewer complications than conventional treatments.

# Keywords: first metatarsal; forefoot; fracture; support for; burden; conservative treatment; functional treatment.

**a\_506** (original en inglés)

**Adecuación de la terapia hidrocinética en el paciente ortopédico-traumatológico: un estudio transversal**

Appropriateness of hydrokinesitherapy in the orthopedic-traumatological patient: a cross sectional survey

## RESUMEN

Introducción: La terapia hidrocinética es un método rehabilitador utilizado para el tratamiento de diferentes tipos de problemas ortopédicos, neurológicos, respiratorios, entre otros. Sin embargo, en la literatura existente no abundan evidencias en cuanto a la mayor eficacia del tratamiento con agua en comparación con el tratamiento seco en pacientes con resultados traumáticos. Objetivo: A través de un cuestionario, se intentó investigar la experiencia de rehabilitación de los terapeutas hidrocinéticos (entrenados con el llamado Enfoque Secuencial y Preparatorio) para comprender las áreas de la terapia hidrocinética y los métodos de aplicación adecuados con base en la opinión de expertos.

Métodos: Se realizó un estudio transversal en el año 2020 mediante la administración de un cuestionario a fisioterapeutas formados en la terapia hidrocinética según el método de Abordaje Secuencial y Preparatorio, con el objetivo de averiguar su opinión sobre el uso de la terapia hidrocinética en pacientes con diversos problemas ortopédico-traumatológicos. Se utilizó la plataforma Microsoft FORMS® para la administración del cuestionario. Resultados: Sesenta y dos usuarios participaron en el estudio. De sus respuestas surgió que no se recomienda el uso de la terapia hidrocinética para el tratamiento de la hipersensibilización postraumática de los tejidos perilesionales (cicatrices hipersensibles; hipersensibilización general) y síndromes neuropáticos (de miembros superiores e inferiores).

Conclusiones: Los datos obtenidos del cuestionario no fueron suficientes para crear una ruta específica que defina la idoneidad de la terapia hidrocinética para algunos problemas ortopédicos-traumatológicos, pero podría considerarse un buen punto de partida para construir futuros desarrollos a través de estudios adicionales.

Palabras clave: terapia hidrocinética; ortopedia; oportunidad.

**a\_534**

**Nocardia Asteroids Mycetoma**

**Micetoma por Nocardia asteroids**

## ABSTRACT

**Introduction**: In 1860, Henry Van Carter introduced the definition of mycetoma and since 1884 the first cases have been reported in Africa (Sudan, Senegal). These infections affect the skin, the subcutaneous cellular tissue and, sometimes, the muscles, the bones, and it can spread throughout the thoracic cavity, the abdominal cavity, and other regions of the body.

**Objective**: To report a case of mycetoma due to nocardia asteroides with unfavorable evolution and treatment.

**Case report**: We report the case of a 47-year-old male patient who suffered a left knee trauma 18 years ago with an avulsive wound and unfavorable evolution due to infection. Ten years later, he presented, in the same site, multiple fistulous lesions with active drainage, scant serohematic, non-fetid secretion. On several occasions he was taken to the operating room for surgical debridement and toilette and he received multiple antibiotic and antifungal treatments. The case was concluded as a mycetoma. Nocardia asteroides was isolated. The patient disagreed with limb amputation as definitive surgical treatment. He came to our treatment center in October 2020 with poor general condition and severe extension of the infectious process throughout the limb. A hemipelvectomy was planned as definitive treatment, but unfortunately the patient deceased before due to general complications.

**Conclusions**: Before the appearance of mycetoma, it is important to define the extent of the infection to determine the type of treatment to use, since it can save the patient's life if properly used and in a timely manner without leaving serious sequelae.

**Keywords**: Nocardia asteroides infection; lower limb mycetoma; actinomycetoma.

**a\_535**

**Familial Leg Ulcer Syndrome of Early Onset**

**Síndrome de úlceras en piernas de carácter familiar y comienzo precoz**

## ABSTRACT

**Introduction:** Leg ulcers are unhealed sores or open lesions of multifactorial etiology. They constitute an important pathology in the daily practice of health professionals at all levels of care.

**Objective:** To report an infrequent case with a familial hereditary genetic condition that caused ulcerative lesions in the lower limbs.

**Case report**: We report the case of a 30-year-old male patient with ulcerative lesions on both lower limbs, 18 years of evolution, very painful with signs of severe local infection. He had diagnosis of nonspecific ulcers in both lower limbs. He was admitted with poor general condition, great limitation of ambulation, intense pain in both legs, abundant dirty yellowish ulcerative lesions scattered on both legs, and light yellow, very foul-smelling discharge. A clinical, humoral, imaging, microbiological and anatomical-histopathological study was performed.

**Conclusions**: The diagnosis was familial leg ulcer syndrome of early onset, recessive inheritance linked to the X chromosome, is diagnosed. Larger scale studies are required to assess the contributions of genetic factors in the genesis of this disease, which could be the key to better understand its development.

**Keywords**: lower limb ulcers; hereditary juvenile lower limb ulcers; familial hereditary genetic condition.

**a\_524** Resumen que se incluyó después**.**

## The Rise and Fall of the Epinephrine Myth in the Hand

# El auge y la caída del mito de la epinefrina en la mano

## ABSTRACT

The possibility of operating patients with hand conditions under local anesthesia, with lidocaine and epinephrine, using WALANT technique caused a revolution in hand surgery, which made life easier for patients and lowered the costs of hospital services. Surgeons need to be aware of the possibilities and history of WALANT technique. The objective was to identify the origins of the rise and fall of the myth and dogma of the prohibition of adrenaline in anesthetic finger blocks. A critical analysis of the main texts of the articles and books on the use of epinephrine in finger anesthesia was carried out. The conception of the myth of banning the use of epinephrine in anesthetic finger blocks occurred due to misinterpretation of reports of necrosis occurring, which were not actually caused by epinephrine. That myth influenced the appearance of a dogma. The history of the use of epinephrine in anesthetic finger blocks demonstrates that superficial and misleading interpretations of clinical complications published as case reports can breed myth and dogma. Only science can prevent and destroy such medical myths and dogmas.

**Keywords**: walant; epinephrine; Local anesthesia.

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