Proximal Humerus Approaches

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Positioning - Beach Chair

Regular table

Patient all the way to the injured side: The head at the edge of the table. Tape the head!

C-Arm tilted that you can have the GH joint view and AVOID the bars of the table.

AP view of the GH joint - Grashey

By rolling the C-arm you can get the lateral view of prox humerus.

Approaches
Deltopectoral

Deltoid Split

Shoulder strap skin incision

Deltoid Split

Longitudinal Incision

THANK YOU

Outline

Anatomy, mechanism of injury, fx patterns
Urgency? Indications of urgent/emergent tx
How to reduce?
Surgical approach, Fixation options

Take Home Messages

Analyze Fx pattern
Anatomic reduction is key for best outcome
Dual Approach for Neck Fx’s
Osteotomy for Body fx’s