
Fractures of the distal and of the humerus in adults

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Fractures of the distal end of the humerus have long been subjected to discussion regarding the best Method of treatment. Closed reduction and cast immobilization, sling and early mobilization and operative stabilization have been suggested with varying success. It is the aim of this study to compare the results obtained by surgical treatment with that obtained by one of the conservative methods of treatment which is "sling and early mobilization of the elbow".A forty-five distal humerus fractures in adults were treated in this study, 28 fractures were treated by open reduction and internal fixation using various types of screws and plates, while 17 fractures were treated by a sling and early activity of the elbow joint. There are 26 males and 19 females, the right elbow was affected in 22 cases and the left in 23 cases. There are 37 closed fractures and 8 open fractures all treated by internal fixation.