
Preface

The treatment for fractures of the proximal humerus varies according to the amount of displacement, bone quality, age, activity level, and general medical condition of the patient. There does not exist one treatment that can be utilized for all proximal humerus fractures. This review of the classification, nonoperative treatment, percutaneous pinning, open reduction internal fixation and different arthroplasty options gives the reader examples of when different approaches are needed for the most desirable outcomes. The chapter on complications allows the reader to learn from commonly seen problems that surgeons encounter in treating this very common injury of the shoulder girdle. There has been a greater understanding of which techniques work best for certain types of fracture patterns, but, more importantly, taking into consideration the age of the patient at the time of the injury has seemed to change treatment choices the most over the last 5–10 years. More long-term outcomes studies are needed to continue to clarify which treatments are appropriate in which situations. We have come a long way in the treatment of proximal humerus fractures but it still takes sound judgment when making the recommendations for surgical treatment.

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