



## CASE REPORT

## Posterior Fracture-Dislocation of the Hip in a Jogger

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**ABSTRACT:** Posterior fracture-dislocation of the hip is an uncommon athletic injury, occasionally seen in contact and high-energy sports. The mechanism of injury in this case highlights the high hip joint forces possible during running. The key treatment principle is early reduction of the hip joint, since the incidence of osteonecrosis of the femoral head and degenerative arthrosis increases with delay. Operative treatment will frequently be required to achieve a stable, congruent reduction of articular surfaces, essential for good long-term results. Partial weight-bearing exercise such as swimming and bicycling may aid rehabilitation. Long-term follow-up, with serial radiographs, is important to detect late complications.

Posterior fracture-dislocation of the hip is usually a high-energy injury. At least 70% occur in association with a motor vehicle accident, when the flexed knee strikes the dashboard and drives the femur posteriorly in the acetabulum.<sup>1</sup> The incidence of this injury has increased in parallel with that of other high-energy injuries.<sup>2</sup> The following case report of a posterior fracture-dislocation of the hip sustained by a healthy man while jogging highlights an interesting mechanism of injury.

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A 58-year-old white man "took a bad step" while jogging and felt severe pain in the left hip. He reported that while jogging on a grass surface, his right foot landed on uneven turf and his right leg gave way. As he fell to the right, he thrust his left leg forward, with the knee in full extension, to break his fall. As his left heel struck the ground, he experienced severe left hip pain, and was subsequently unable to bear weight on the left lower extremity. He was transported to the emergency department by ambulance.

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