Treatment of intra-articular calcaneal fractures with internal fixation with steel plate

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View from specialist: It is creative, and of certain scientific and educational value.

[ABSTRACT] Objective: To investigate the clinical efficacy of internal fixation with steel plate for intra-articular calcaneal fractures. Methods: A total of 90 cases with intra-articular calcaneal fractures were randomly divided into observation group and control group with 45 cases in each group. The observation group was treated with internal fixation with steel plate while the control group was given the conventional cutting fixation method. Follow up was conducted to compare the clinical efficacy, incidence of complications and healing time between the two groups. Results: The excellent and good efficiency rate of the observation group was 86.67%, higher than 66.67% of the control group (P<0.05); the incidence of complications in the observation group was 8.89%, lower than 22.22% of the control group (P<0.05); and fracture healing time of the observation group was shorter than that of the control group (P<0.05). Conclusions: Internal fixation with steel plate shows definite effects on intra-articular calcaneal fractures and it can significantly improve the clinical efficacy, reduce complications and promote early fracture healing, which is worthy of wide application in the clinical.

[KEY WORDS] Intra-articular calcaneal fractures; Steel fixation; Clinical