Figure 1 Heel boot applied to the elbow of a non-injured four-year old boy

Figure 1 Femoral head topped and being reamed for bone harvest

Figure 2 Heel boot applied to the elbow of a non-injured seven-year old girl

Figure 2 Residual shelled out femoral head

Using an adult sized heel boot (designed to reduce the risk of pressure ulcers on the heel area) means the paediatric elbow is adequately splinted and can be reassessed in seconds. This reduces the need for extra analgesia, staff and equipment for casting (Figs 1 and 2).

References

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The 'egg topping' technique for bone graft harvesting in hip arthroplasty

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BACKGROUND

During hip arthroplasty, bone graft from the femoral head is usually acquired either using a bone mill (with its associated costs) or it is done by hand with a rongeur. Further described techniques include reaming the head with an assistant holding it in a clamp or with a swab. These methods carry a risk of dropping the femoral head and injuring the assistant. We describe a simple technique to safely and efficiently obtain cancellous bone graft from the femoral head during hip arthroplasty procedures.

TECHNIQUE

After femoral head dislocation, a saw is used to mark the definitive neck osteotomy. A second osteotomy removes the top of the femoral head (analogous to topping an egg), presenting a flat surface to ream directly on to (Fig 1). Employing a small acetabular reamer, the cancellous bone is obtained from the head, leaving a residual shell of the head proximal to the neck osteotomy (Fig 2). The neck osteotomy is then completed with the oscillating saw.

DISCUSSION

This in vivo technique offers a safe, quick and cost effective alternative to other reported techniques.