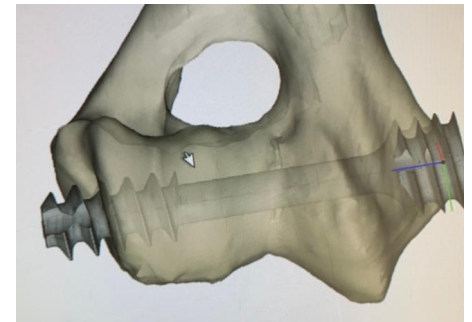


# Humeral Intercondylar Fissure

The end of the humerus (upper arm bone) is separated into 2 halves by a growth plate in young animals. Once mature, this fuses and is rigidly stable.

In some patients, more commonly in french bulldogs and spaniel breeds, a fissure can develop where the original growth plate once was. The exact reasons for this are poorly understood.



The resulting fissure leads to instability and as a result, limping and elbow pain. There is also an increased risk of fracture through this weakened point.

Surgery will aim to stabilise the fissure, by placing a screw across the area. This is, on occasion, combined with a bone graft to stimulate healing of the fissure. Full healing is uncommon, and therefore prolonged and durable screw fixation is required to provide adequate stability, comfort and protection from fracture.

In some instances, a custom made guide is used to maximise the bone purchase achieved.

## Post-Operative Care:



Your dog will have a wound on the side of their leg. Please check this area twice daily, there should not be any pain, swelling, redness or discharge from the wound. A buster collar should be used to prevent interference for the first 10-14 days after surgery.

### - Exercise Plan

During the first 6 weeks, strict rest is vital to reduce the risk of complications. During this time, your dog should be confined to a crate or pen. They should only be allowed out for short walks, on the lead, in the garden. This is to go to the toilet only. Running, jumping and use of any stairs, is not permitted.



Week Number	On lead exercise	Number of times daily	Off lead exercise
<b>1 to 6</b>	For toileting only	As needed	None
<b>6</b>	5-10 minutes	Up to 3 times daily	None
<b>7</b>	10-15 minutes	Up to 3 times daily	None
<b>8</b>	15-20 minutes	Up to 3 times daily	None
<b>9</b>	20-25 minutes	Up to 3 times daily	None
<b>10</b>	25-30 minutes	Up to 3 times daily	None
<b>11</b>	30 minutes or more	Up to 3 times daily	Start to re-introduce off lead exercise.

### Outcome

Most patients return to normal, pain free, exercise following stabilisation.

### Risks and Complications

All surgeries have potential complications. A 3% rate of infection is seen post-operatively, more severe infections can result in the need to remove and replace the screw. Major complications such as fractures and broken screws/ plates happen rarely.

