

Du mécanisme à la lésion

Analyse vidéo

CNT2U Grenoble 2023

Cas 1- Action de rugby

- Qui va se blesser?
 - A- le n° 2
 - B- le n° 8
 - C- le n° 13
 - D- le n° 9
 - E- un autre



Cas 1- Quel mécanisme?



Trauma en valgus pied bloqué

Cas 1- Quelle(s) radio(s) compatible(s)



Cas 1- Exemple en rotation externe



Cas 2- Action de handball:

- Quel(s) mécanisme(s)?
 - A- Inversion
 - B- Abduction
 - C- Adduction
 - D- Compression
 - E- Rotation externe



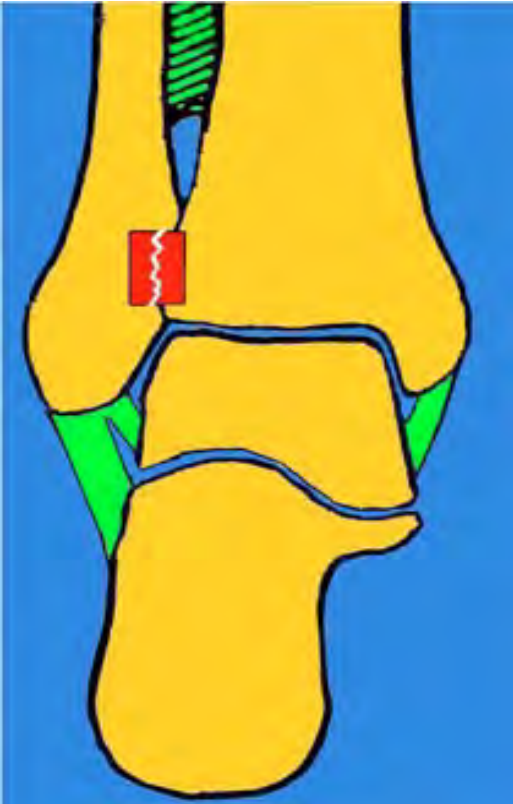
Abduction

Cas 2- Quelle(s) radio(s) compatible(s)

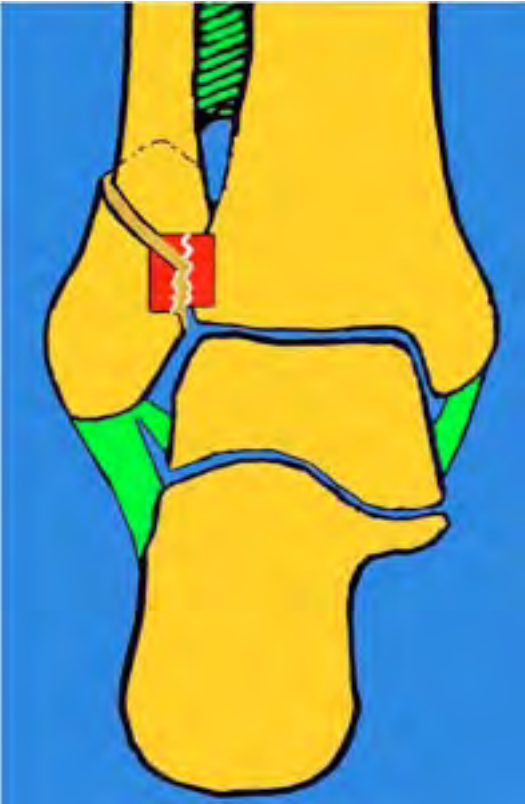


Cas 2- Fractures de Malléoles Inter -ligamentaires

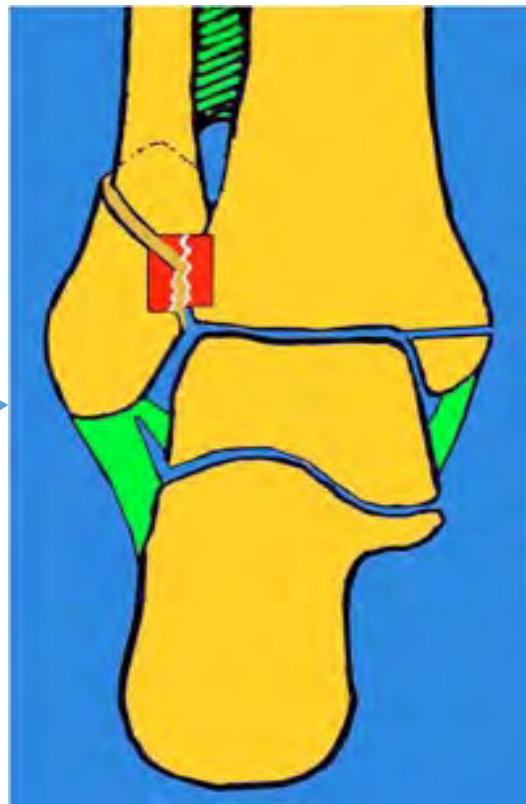
- En Rotation externe (et abduction)
- Les plus fréquentes



Rupture Lig Tibio-Fibulaire Distal)



Fr Malléole laterale isolée Inter-ligamentaire

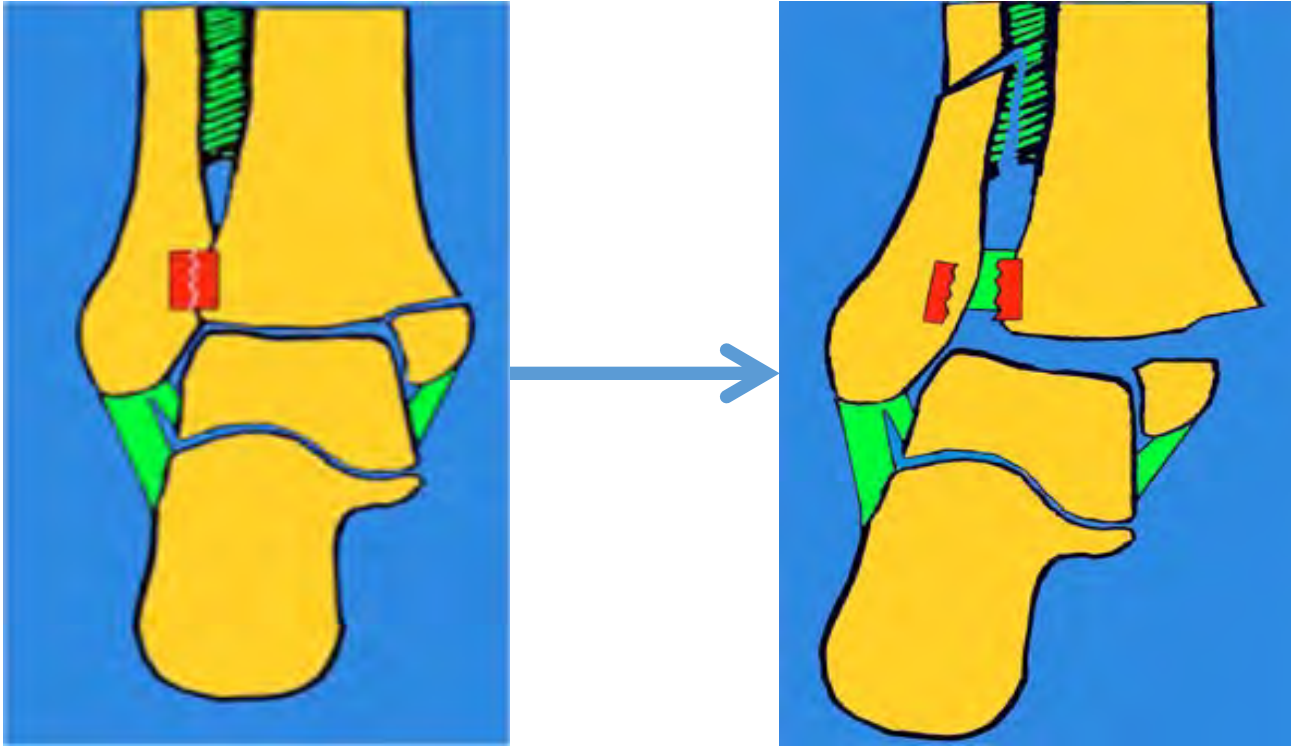


Fr bi malléolaire Inter-ligamentaire

← Trait transversal

Cas 2- Fractures de Malléoles Sus -ligamentaires

- en Abduction



Fr Isolée de la malleole
mediale (Lig TFD
intact)

Fr bi malléolaire sus
ligamentaire (Lig TFD
rompu)

Cas 3- Action de hanball:

- Quel(s) mécanisme(s)?
 - A- Varus
 - B- Valgus
 - C- Flexion
 - D- Rotation interne
 - E- Rotation externe



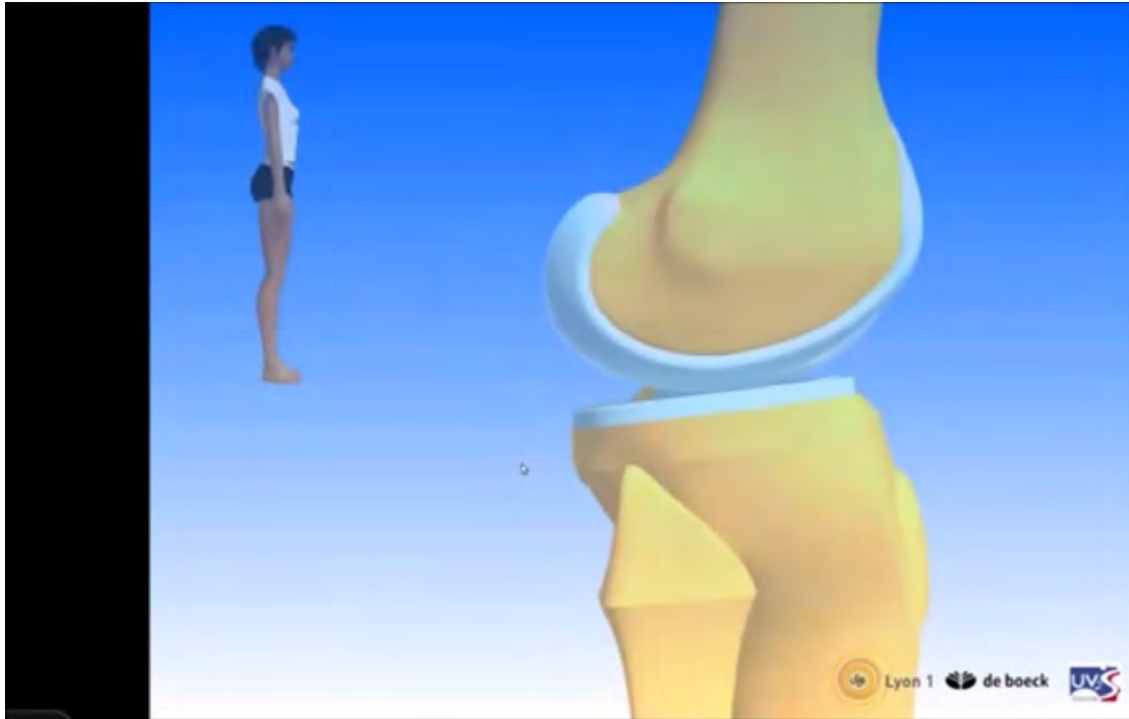
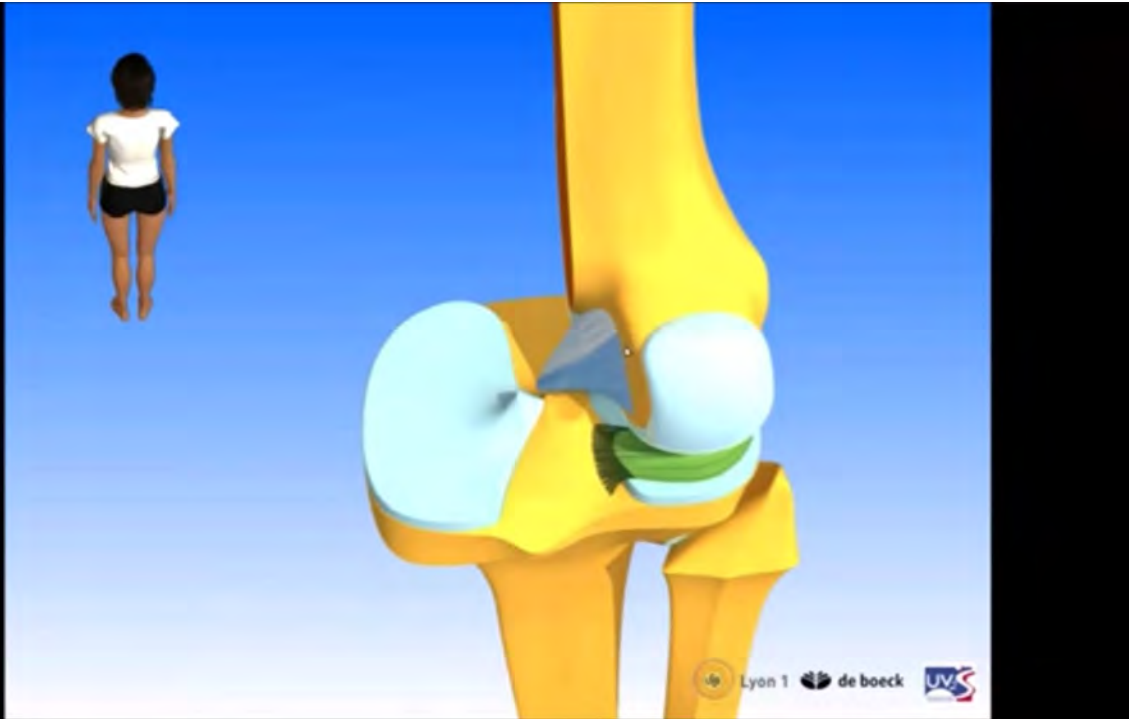
VALFE : VALgus Flexion rotation Externe

Cas 3- Action de hanball:

- Quelle(s) lésion(s) évoquer?

- A- LCA
- B- LCP
- C- LCL
- D- LCM
- E- Plateau tibial





Cas 4 Chute à ski

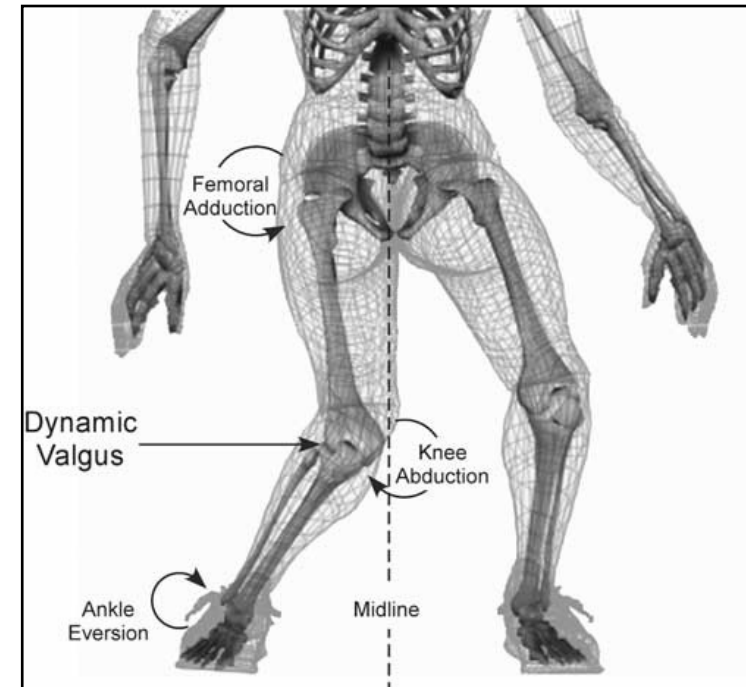
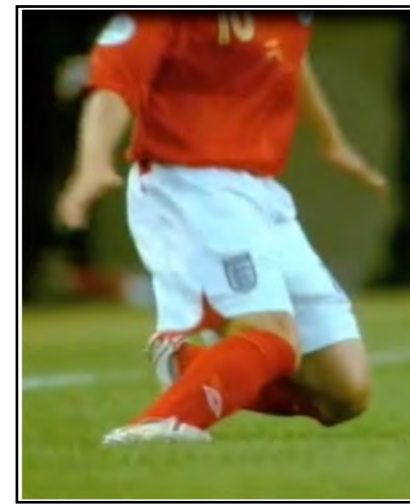


- Mécanisme ?

- Lésions potentielles ?

Rupture...

- VALFE : Valgus – Flexion – RE
- Genou en extension complète ou faible degré de flexion
 - + Valgus
 - + RE ou RI
- Notion de Valgus dynamique
- Pivot SANS Contact

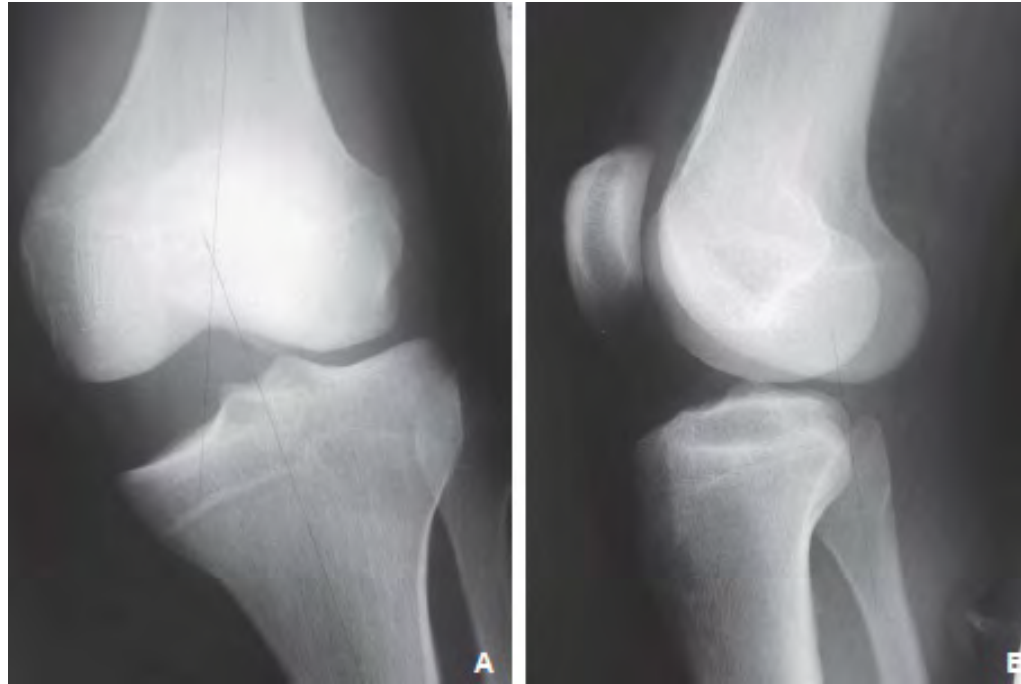


Anatomie



Diagnostic ?

- Probable rupture LCA + Lésion LLI +/- MI



- CAT ?

Mais

- **Diagnostic ?**
- Luxation postéro – latérale du genou



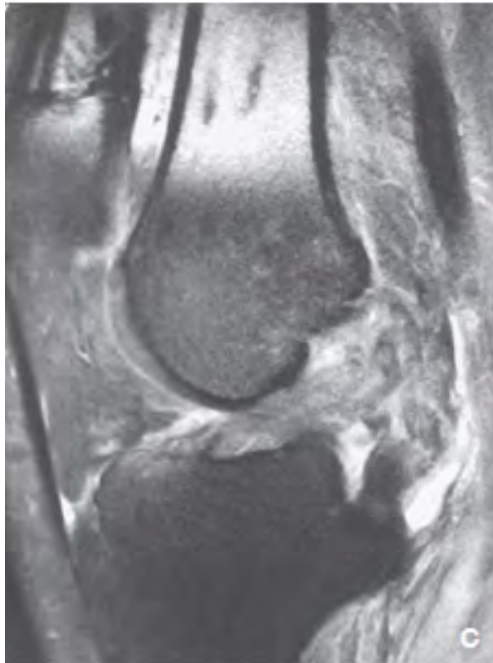
Après Réduction

- Diagnostic ?



Diagnostic

- Probable luxation du genou
- Incarcération du LLI...



Conduite à tenir devant une luxation du genou

- **Examen clinique**
 - Pouls +++
 - Coloration
 - Ex neuro +++
- Bilan RX
- **AngioTDM** : En urgence / Avant tout geste chirurgical
- **Réduction** en urgence / Stabilisation +++
- Geste vasculaire
- **IRM**

Cas 5- Action de Hanball:

- Quel(s) mécanisme(s)?
 - A- Varus
 - B- Valgus
 - C- Flexion
 - D- Extension
 - E- Rotation externe



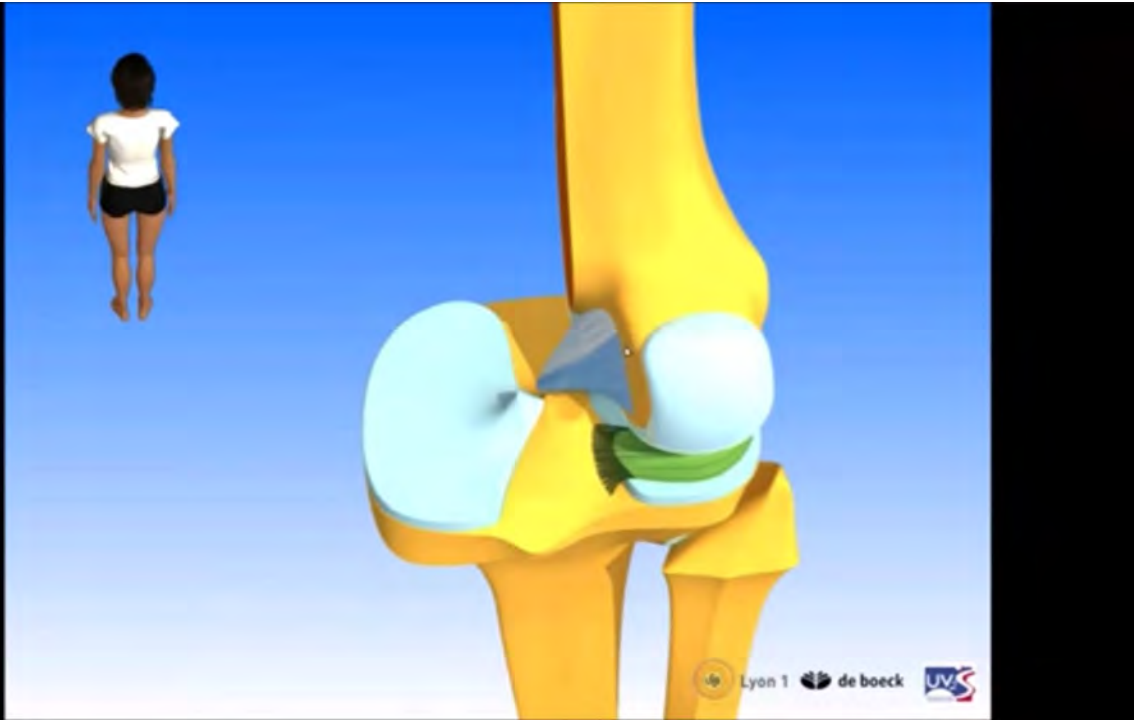
Hyper-extension

Cas 4- Action de hanball:

- Quelle(s) lésion(s) évoquer?

- A- LCA
- B- LCP
- C- LCM
- D- PAPE
- E- PAPI





Cas 6- Action de rugby:

- Quel(s) mécanisme(s)?
 - A- Varus
 - B- Valgus
 - C- Flexion
 - D- Rotation Interne
 - E- Rotation externe



VARFI : VARus Flexion rotation Interne

Cas 5- Action de rugby:

- Quelle(s) lésion(s) évoquer?

- A- LCA
- B- LCP
- C- LCM
- D- Ménisque médial
- E- PAPI





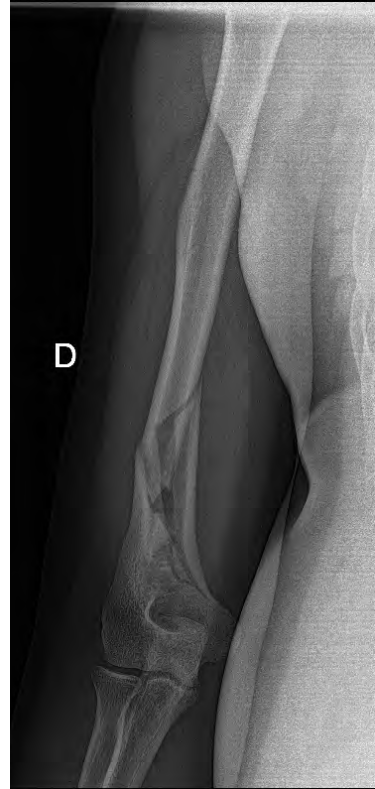
Cas 7 Action de Bras de fer:

- Quel(s) mécanisme(s)?
 - A- Varus
 - B- Valgus
 - C- Flexion
 - D- Rotation interne
 - E- Rotation externe

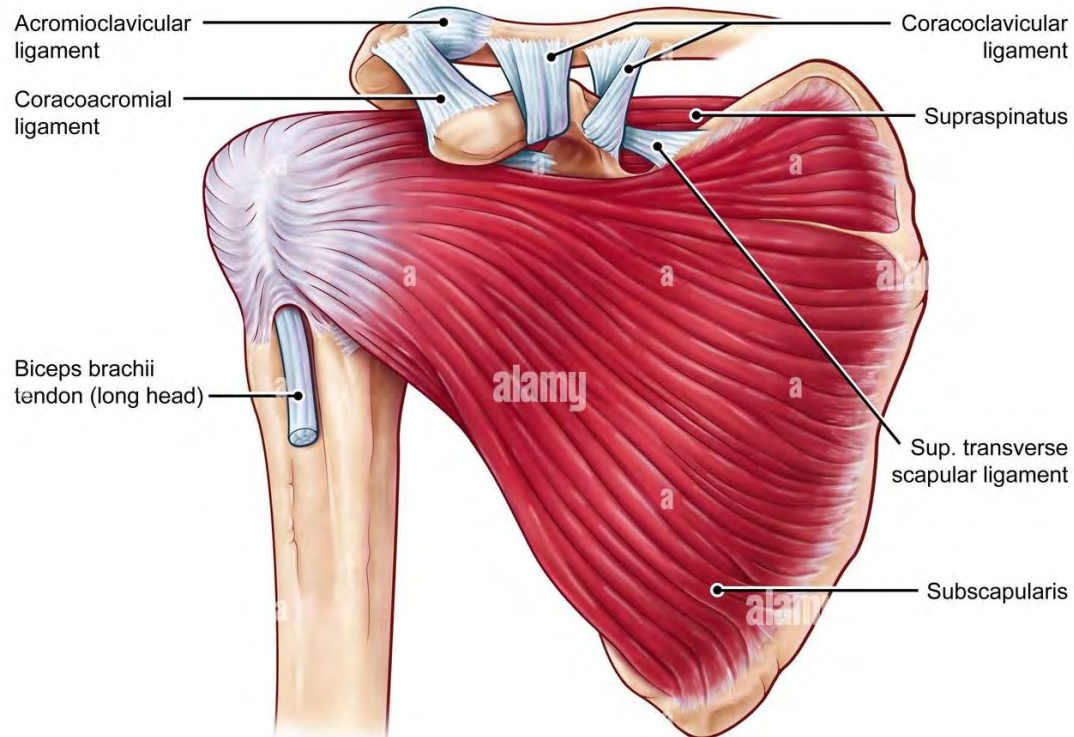


Rotation externe

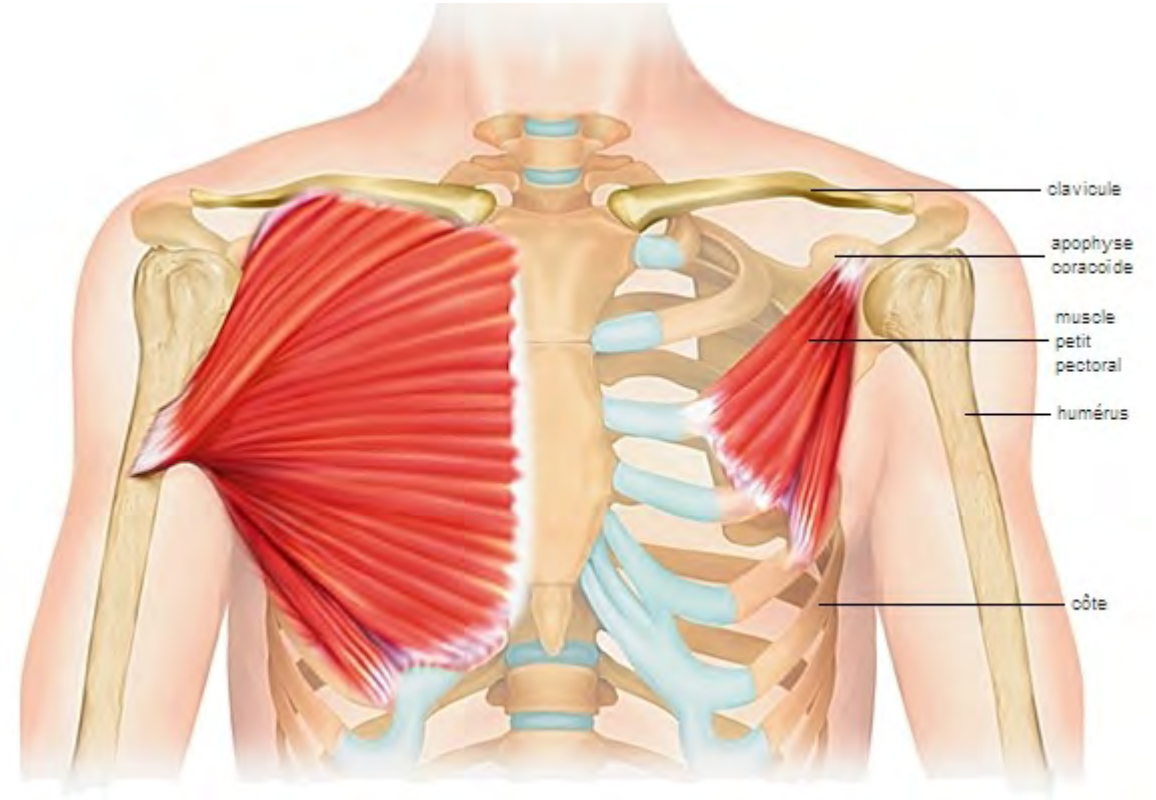
Cas 6- Quelle(s) radio(s) compatible(s)



Les muscles rotateurs internes de l'épaule s'opposant à la RE au bras de fer



Sub-scapulaire



Grand Pectoral

Humeral Shaft Fracture Sustained during Arm Wrestling: Report on 30 Cases and Review of the Literature

Kiyohisa Ogawa, MD, and Michimasa Ui, MD

Thirty cases of humeral shaft fracture sustained during arm wrestling were analyzed. Twenty eight were men and two were women. Eighteen were fractures of the right arm and 12 were of the left. The patients ranged in age from 15 to 60 years old, averaging 30 years. Although there was no prominent tendency for the injuries to occur at a certain phase of the match, they happened in all cases while full force was being exerted in an effort to win or to change the tide of the contest. All cases were spiral fractures, of which 23% presented with a medial butterfly fragment, and also 23% of which had radial nerve palsy. We

infer that, through a shift in body weight and subsequent counterattack from the opponent, the shoulder internal rotator muscles suddenly changed from their maximum concentric contraction to eccentric contraction, resulting in development of an intense rotational force leading to the subsequent fracture. Therefore, this type of fracture may occur in anyone of any age engaging in this type of sport.

Key Words: Arm wrestling, Fracture, Humeral shaft, Muscular violence.

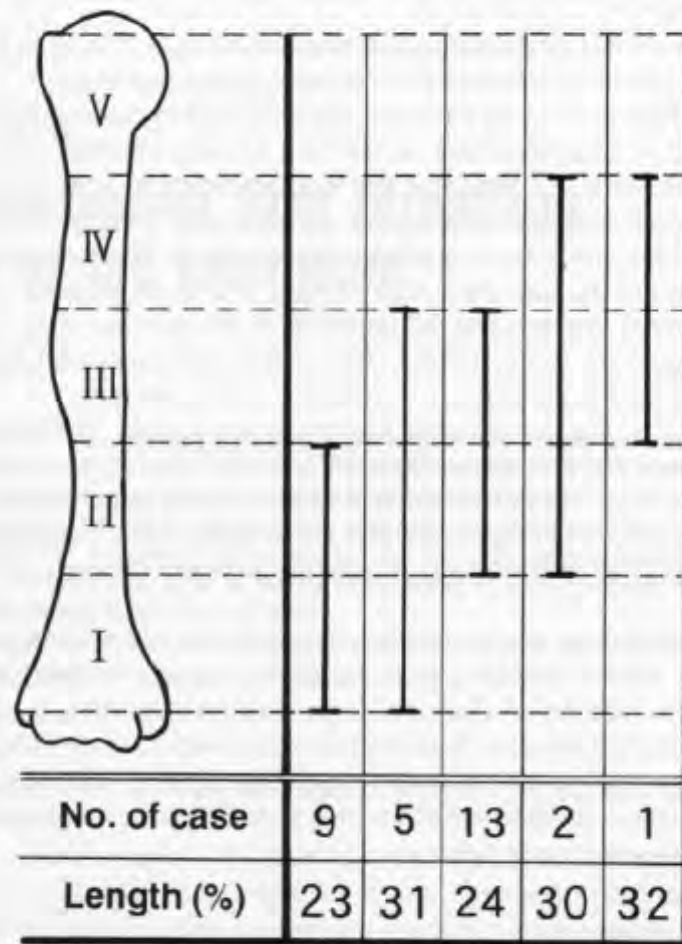


FIG 2. The site and the average length of fractures. Fractures occurred in the lower three-fifths of the humerus in 27 cases.

Cas 8 – Goal!!!!

- Quel mécanisme?
 - A - Rotation interne
 - B - Rotation externe
 - C - Valgus
 - D - Varus
 - E - Hyperextension



Valgus et Hyperextension

Cas 8- Quelle(s) radio(s) compatible(s)

1



2



3



4



Cas 9 – Garder les roulettes

- Quel mécanisme?
 - A - Rotation interne
 - B - Rotation externe
 - C - Armé du bras
 - D - Autre



Traumatisme direct du moignon

Cas 9- Quelle(s) radio(s) compatible(s)

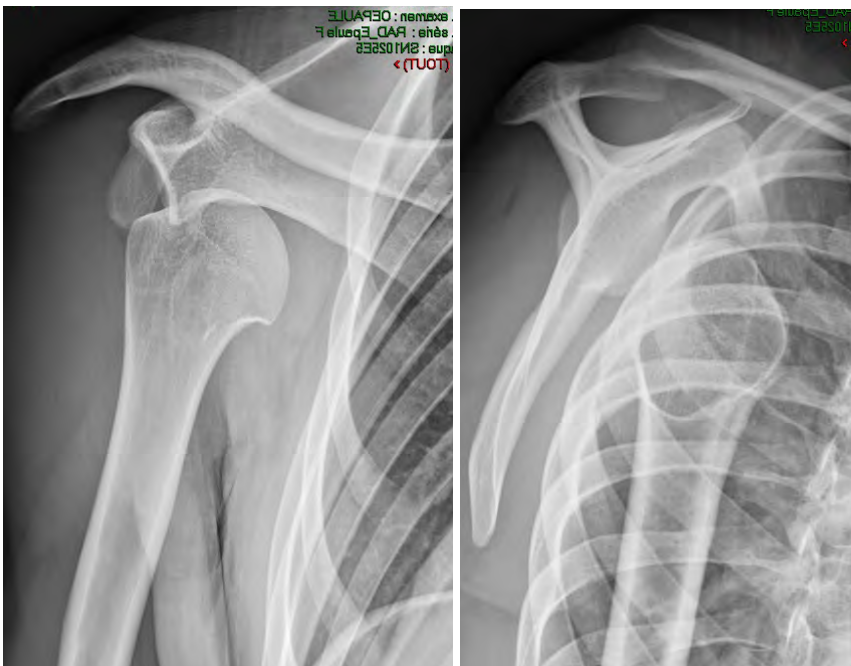
1



2



3



4



Cas 10 – Essai??

- Quel mécanisme?
 - A - Rotation interne
 - B - Rotation externe
 - C - Armer du bras
 - D - Autre



 nrlonline

Armer du bras

Cas 10- Quelle(s) radio(s) compatible(s)

1



2



3



4



Cas 11 – Goal????

- Quel mécanisme?
 - A - Rotation interne
 - B - Rotation externe
 - C - Armer du bras
 - D - Autre



Rotation externe +/- armer du bras

Cas 11- Quelle(s) radio(s) compatible(s)

1



2



3



4



Cas 12 – Médical ou chirurgical?

- Quel mécanisme?
 - A - Rotation interne
 - B - Rotation externe
 - C - Armer du bras
 - D - Autre



Rotation interne

Cas 12- Quelle(s) radio(s) compatible(s)

1



2



3



4



Traumatisme de l'épaule

- Luxation antéro interne
 - Mouvement forcé dans la position de l'armer du bras (Abduction+retropulsion+rotation externe)
 - Traumatisme direct moignon épaule
- Luxation postérieure
 - Traumatisme direct ou indirect
 - Episode convulsif ou une électrisation (extension, adduction et rotation interne)
- Lésion acromio claviculaire
 - Traumatisme direct moignon épaule
- Fracture clavicule
 - Traumatisme indirecte épaule/coude/main
- Fracture tête humérale
 - Traumatisme direct épaule (++ agés)
 - Traumatisme indirect coude/main

Traumatisme du coude

- Fracture olécrane
 - Traumatisme direct
 - Traumatisme indirect en flexion
- Luxation postérieure
 - Traumatisme indirect en extension
 - Compression axiale + varus ou valgus et supination
 - Traumatisme direct postéro antérieur sur l'olécrane
- Fracture tête radiale
 - Choc indirect sur la paume de la main en extension