

Summary of Recommendations

The following is a summary of the recommendations in the AAOS' clinical practice guideline, The Treatment of Pediatric Diaphyseal Femur Fractures (PDFF). This summary does not contain rationales that explain how and why these recommendations were developed nor does it contain the evidence supporting these recommendations. All readers of this summary are strongly urged to consult the full guideline and evidence report for this information. We are confident that those who read the full guideline and evidence report will also see that the recommendations were developed using systematic evidence-based processes designed to combat bias, enhance transparency, and promote reproducibility. This summary of recommendations is not intended to stand alone.

1. We recommend that children younger than thirty-six months with a diaphyseal femur fracture be evaluated for child abuse.
Level of Evidence: II
Grade of Recommendation: A
2. Treatment with a Pavlik harness or a spica cast are options for infants six months and younger with a diaphyseal femur fracture.
Level of Evidence: IV
Grade of Recommendation: C
3. We suggest early spica casting or traction with delayed spica casting for children age six months to five years with a diaphyseal femur fracture with less than 2 cm of shortening.
Level of Evidence: II
Grade of Recommendation: B
4. We are unable to recommend for or against early spica casting for children age six months to five years with a diaphyseal femur fracture with greater than 2 cm of shortening.
Level of Evidence: V
Grade of Recommendation: Inconclusive
5. We are unable to recommend for or against patient weight as a criterion for the use of spica casting in children age six months to five years with a diaphyseal femur fracture.
Level of Evidence: V
Grade of Recommendation: Inconclusive
6. When using the spica cast in children six months to five years of age, altering the treatment plan is an option if the fracture shortens greater than 2 cm.
Level of Evidence: V
Grade of Recommendation: C

7. We are unable to recommend for or against using any specific degree of angulation or rotation as a criterion for altering the treatment plan when using the spica cast in children six months to five years of age.
Level of Evidence: V
Grade of Recommendation: Inconclusive
8. It is an option for physicians to use flexible intramedullary nailing to treat children age five to eleven years diagnosed with diaphyseal femur fractures.
Level of Evidence: III
Grade of Recommendation: C
9. Rigid trochanteric entry nailing, submuscular plating, and flexible intramedullary nailing are treatment options for children age eleven years to skeletal maturity diagnosed with diaphyseal femur fractures, but piriformis or near piriformis entry rigid nailing are not treatment options.
Level of Evidence: IV
Grade of Recommendation: C
10. We are unable to recommend for or against removal of surgical implants from asymptomatic patients after treatment of diaphyseal femur fractures.
Level of Evidence: IV
Grade of Recommendation: Inconclusive
11. We are unable to recommend for or against outpatient physical therapy to improve function after treatment pediatric diaphyseal femur fractures.
Level of Evidence: V
Grade of Recommendation: Inconclusive
12. Regional pain management is an option for patient comfort perioperatively.
Level of Evidence: IV
Grade of Recommendation: C
13. We are unable to recommend for or against the use of locked versus non-locked plates for fixation of pediatric femur fractures.
Level of Evidence: IV
Grade of Recommendation: Inconclusive
14. Waterproof cast liners for spica casts are an option for use in children diagnosed with pediatric diaphyseal femur fractures.
Level of Evidence: III
Grade of Recommendation: C