The footballer’s fracture


Commentary

This is a good paper studying a frequently overlooked, although common, sports injury which has enormous cost to the health service, individuals, and society as a whole. Having highlighted the problem the authors go on to try and identify potential risk factors and then the possibility of improving preventative measures. I look forward to their work on improving the efficacy of shin pads.

In view of recent litigation it is interesting the authors highlight the role of the referee in injury prevention and this study should be brought to the attention of the FA.

The authors rightly identify that this injury is not severe in the majority of cases as the mechanism is of low violence. Although not seen in this series I would like to mention the potentially disastrous complication of compartment syndrome that is more common following minimally displaced fractures. I have seen two players with completely infarcted anterior compartments following undisplaced fractures and in whom the symptom of increasing pain, despite adequate splintage, was ignored. This should not be allowed to occur.


