

Intramedullary Nailing

Intramedullary nailing is a highly effective surgical technique used to treat fractures of long bones, most commonly the femur (thighbone) and tibia (shinbone). At Midlands Orthopaedic Clinic, we offer this advanced procedure to stabilise broken bones, speed up healing, and help you return to normal function as quickly and safely as possible.

What Is Intramedullary Nailing?

Intramedullary nailing involves inserting a metal rod (nail) into the central canal of a fractured bone. This internal support holds the bone fragments in the correct position while they heal. The procedure provides excellent stability and allows for early movement, which can reduce complications and improve outcomes.

The nail is typically secured at both ends with locking screws to prevent rotation or shortening of the bone. Because it is placed inside the bone, it offers a strong, stable form of fixation that is particularly useful in high-stress areas like the thigh or shin.

When Is This Procedure Recommended?

You may be advised to undergo intramedullary nailing if you have:

- A femoral or tibial shaft fracture
- A fracture that is displaced or unstable
- A high-energy trauma injury, such as from a car accident or fall
- A fracture that is not healing properly with conservative methods

Our experienced orthopaedic team will carry out detailed imaging, such as X-rays or CT scans, to determine the exact nature of the fracture and whether intramedullary nailing is the most suitable option for you.

What Happens During The Procedure?

The procedure is carried out under general or spinal anaesthesia. Once you are comfortable, the surgeon makes a small incision near the hip or knee (depending on the bone being treated), then guides the metal rod through the bone's central canal.

The nail is carefully aligned to match the natural position of the bone. Locking screws are then placed through small incisions at either end of the nail to hold it in place. The entire process is monitored using live imaging to ensure accurate placement.

The incisions are closed, and you will be moved to recovery where our clinical team will monitor your initial healing and begin your rehabilitation plan.

Recovery And Rehabilitation

One of the major benefits of intramedullary nailing is that it allows for early weight-bearing and movement in many cases. This helps reduce the risk of stiffness, muscle loss, and blood clots.

Your recovery plan will include:

- Pain management and wound care
- Early physiotherapy to restore strength and flexibility
- Gradual return to weight-bearing activities
- Follow-up X-rays to monitor bone healing

Most patients can expect to walk with assistance within a few days and return to normal activities within several weeks to a few months, depending on the complexity of the fracture and your overall health.

Benefits Of Intramedullary Nailing

- Strong, stable fixation of fractures
- Reduced healing time compared to other methods
- Smaller incisions and less soft tissue disruption
- Lower risk of implant failure or re-fracture
- Earlier return to mobility and daily activities

Why Choose Midlands Orthopaedic Clinic?

At Midlands Orthopaedic Clinic, we are committed to delivering the highest standard of trauma care. Our consultants have extensive experience in treating complex fractures using intramedullary nailing and other modern surgical techniques.

We offer rapid access to expert assessment, high-quality imaging, and comprehensive rehabilitation services to support your full recovery. From your initial injury through to full healing, our team will guide and support you every step of the way.

Get In Touch

If you've suffered a long bone fracture and want to explore your treatment options, contact Midlands Orthopaedic Clinic today to find out if intramedullary nailing is right for you.