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Transverse Process Fractures: A Clinical Series and Coronal Injury of the Spine

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Transverse process fractures (TPFs) in trauma patients are frequently diagnosed by using computed tomography and results in limitation of motion and severe pain. However, there is no standard of care. Hence, these fractures can be treated by excessive measures or inadequately treated. In this study, treatment and diagnosis of transverse process fractures are examined and concluded that;

Transverse process fractures can be treated quickly and successfully with nonsteroidal anti-inflammatory drugs, flexible support corsets, muscle relaxants, and early mobilization after excluding any associated organ injuries or other spinal injuries. TPFs most typically occur during backward falls or blows to the back, commonly low-energy injuries. This trauma mechanism is described as a “coronal injury of the spine”. “When TPF is found by the emergency medical team without any other spinal injury in a trauma patient, urogenital, abdominal and thoracic organ injury examinations should be carried out, especially in cases of 4 or more TPFs. Because Transverse Processes are junction points, these systems are linked via muscles and fascia. MRI is unnecessary, in cases in which TPFs are detected on CT imaging without another spinal injury.

TPFs develop after coronal injury of the spine, commonly

during blunt abdominal trauma in High Energy Injuries or in Low Energy Injuries. Both mechanisms cause fascia and muscle injury around the Transverse Processes and causes in edema, inflammation, and hemorrhage. These injuries are treated effectively with muscle relaxants, NSAIDs, and a mucosal protective agent for 1 week; flexible support corset with steel stays for 2-6 weeks; early patient mobilization; and sick notes for 2-6 weeks are all to promote rest. The flexible support corset can be used for muscle immobilization. The case should be treated as a stabilized spinal injury, and its treatment should be the same as a myofascial injury rather than a spinal injury.

Speaker Biography

Güliz Demirelli Gültekin is working as a neurosurgeon in Tuzla State Hospital. Previously she worked in İstanbul Medeniyet University Health Ministration Göztepe Educational and research Hospital Neurosurgery Department (2016 -2021), Düzce State Hospital, Neurosurgeon (2013-2016), Kocaeli University Neurosurgery Department, assistant and education of Neurosurgical speciality (2006-2012).

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