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Retrospective Analysis of Surgical Outcomes and Patient Recovery in Treating Atlantoaxial Fractures in Elderly Patients

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Objective: This retrospective study aimed to evaluate the surgical outcomes and patient recovery following treatment for atlantoaxial fractures in a cohort of 83 elderly patients.

Methods: Medical records of elderly patients who underwent surgical intervention for atlantoaxial fractures between Jan-2019 and December-2022 were reviewed. Data regarding surgical techniques, perioperative complications, neurological outcomes, and functional recovery were collected and analyzed.

Results: Among the 83 elderly patients included in the study, 53% were male and 47% were female, with a mean age of 74,45. Various surgical approaches, including different posterior fixation techniques, were utilized. Postoperative complications such as infection, hardware failure, and neurological deficits were documented in 6% of cases. No neurological deterioration was observed in of patients postoperatively, with 93% achieving satisfactory functional recovery at follow-up.

Conclusion: Surgical management of atlantoaxial fractures in elderly patients presents unique challenges, including higher rates of complications and comorbidities. However, favorable neurological outcomes and functional recovery can be achieved with appropriate surgical intervention. Further prospective studies are warranted to validate these findings and optimize treatment strategies for this vulnerable patient population.