



## Mangled extremity- Modern concepts in treatment

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### ABSTRACT

A mangled extremity is the most devastating limb injury and presents a challenge for the orthopedic surgeon. There are two main treatment options, reconstruction or amputation, but sometimes indications for either are not clear. There are many pro and contra arguments for both options. To make the decision easier numerous score systems have been introduced, but the final decision is based on the judgment and experience of the treating surgeon. Early extremity reconstruction appears to give better results than delayed or late reconstruction and should be the treatment of choice where possible. The goal in reconstruction of a lower extremity is to restore and maintain balance and ambulation, while restoration of an upper extremity's numerous functions is more demanding. In this paper the authors describe and suggest treatment approaches in patients with a severely mangled extremity, including assessment and treatment of all injured tissues, using defined protocols, with special attention to bone stabilization, revascularization, soft-tissue coverage and nerve reconstruction. These have a great impact on the outcome and function of the injured extremity. Rehabilitation and return to the preinjury level is slow and sometimes uncertain.

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### 1. Introduction

There are numerous terms describing a compound open fracture, including semi-amputation, amputation, blast injury, mutilating injury, conqassation, while the term mangled was introduced to describe the most severe cases with partially destroyed blood vessels, nerves, muscle and bone resulting in a state beyond recognition. This presents a great challenge for treatment all over the world. [1,2,3,4] Mangling is usually caused by high energy trauma, either in civil cases or during wartime. [5]

In the treatment of a mangled extremity there is always the question whether to amputate or to reconstruct. The approach depends on whether the injury is an isolated one or part of polytraumatization, when the key is to save life before limb and any kind of limb salvage should be postponed. [3,6–9] Sometimes, early amputation is actually part of the life-saving procedure. If the patient's condition is stable, one must judge whether to amputate or save the limb. Besides local and general assessment, the surgeon must also consider other issues such as the patient's age, social

and professional status. Amputation is not a simple procedure, because it must remain-obtain the adequate length and soft tissue of the stump for good prosthesis. [10] After amputation, nowadays the function of the extremity can be improved by modern osteointegrated prostheses and bionic prostheses. [11–16]

However, for the upper extremity, prostheses fail to give the same satisfactory functional and aesthetic results as those used for the lower limb. [23–26] Prosthetic devices cannot replace even a moderately functional hand and its sensibility. [27] Thus, up to 30% of such patients do not accept the prosthesis and the embodiment is poor. [8] However, bionic hand prostheses attempt to obtain sensation again. [13–16] The main characteristic of a bionic limb is that it can establish an interface between the biological residuum and an electronic device, providing not only motor control of the prosthesis but also sensitive feedback. Thus, bionic limbs can be classified into three main groups, according to the type of tissue interfaced: nerve-transferred muscle interfacing (i.e. targeted muscle reinnervation), direct muscle interfacing and direct nerve interfacing. [17–21] Targeted muscle reinnervation (TMR) involves the transfer of the remaining nerves of the amputated stump to the available muscles. [17,18] This technique is very suitable for short stumps of the upper limb and can also be used in lower limb cases. [15]. With direct muscle interfacing, intramuscular implants

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directly record muscular contractions which are then wirelessly captured through a coil integrated in the socket to actuate prosthesis movement. [19] The third group of bionic limbs involves direct interfacing of the residual nerves using implantable electrodes that enable reception of electric signals from the prosthetic sensors. [20–22] This can improve sensation in the phantom limb.

## 2. Treatment approach

In the past few decades, due to the increasing survival rate after high energy trauma in both civil and war cases, the number of patients with severely injured limbs has increased. Treatment of these surgical conditions has improved over time due to modern microsurgical reconstructive procedures, better resuscitation care and fixation devices. [28–31] The amputation rate has decreased to 10% compared to 60% during World War II and especially during the recent conflicts in Iraq and Afghanistan. [3,5]

Starting with a major arm replantation in a 12 year-old boy in 1962 [32], this continued in 1963 with replantation of an amputated hand, while progress in microsurgery has provided us with numerous reconstructive options. [24] Many cases of successful lower limb replantations have been reported. [25,26]

Nevertheless, there are many issues which should be considered in pro and contra arguments for treatment options concerning limb salvage or amputation. [9,33,34]

Limb salvage procedures are time- and money-consuming, because additional surgical procedures are usually needed, which result in a prolonged stay in hospital and a recovery time as long as 2 to 3 years. [3,33–36] The cost-effectiveness of such procedures is disputable, in view of an early return to work and social activities. [5] Nevertheless, based on the economic model, limb salvage should be taken into consideration as it will lead to lower costs and higher utility when compared to amputation. [37] However, the treatment may be associated with significant morbidity, leading to a delayed amputation or, in some cases a lethal outcome. [5,34,38]

## 3. Scoring systems and guidelines

To make decisions about treatment easier, numerous score systems and guidelines have been suggested.

The mangled extremity severity score (MESS) was introduced by Johanson in 1990. It evaluates skeletal and soft tissue injury, limb ischemia, shock and patient age. [39–42] However, in the last decade surgical possibilities have remarkably improved and decision making for patients with MESS  $\geq 7$  should be reevaluated. [43,44] The Limb Salvage Index (LSI) proposed by Russel in 1991 takes into account the time of warm ischemia and six types of tissues involved in trauma. [45] In 1994, McNamara introduced a variation of MESS that considered nerve injury, ischemia, soft tissue injury, skeletal injury, shock and patient age, known as the NISSA score. [46] The Predictive Salvage Index (PSI) of Howe and coauthors gives attention to warm ischemia, muscle and bone damage, and to the level of vascular injury. [47] The Ganga Hospital Open Injury Score (GHOIS) was proposed in 2004 and is designed to address the outcome in IIIb injuries of the tibia without vascular deficit. It evaluates the severity of injury to three components separately, the skin, the bone and the musculotendinous structures. Seven comorbid factors are included in the score. [48,49]

With respect to fractures, there are useful classifications for lower limb trauma. Tscherne and Oester developed the Hanover fracture scale (HFS). This scale considers every detail of injury to the involved extremity and forms a checklist. Fracture type (according to AO classification), skin condition, underlying soft tissues, vascularity, neurological status, level of contamination, presence or

absence of compartment syndrome, time elapsed since injury and the overall severity of the injury are summed to provide a total score. [50]

Score systems have numerous limitations. Many studies have shown that they have limited clinical utility, that MESS is not predictive [34] and that none has been proven to be valid. [51] Thus, score systems may be helpful but they are unreliable predictors for the final outcome, especially in borderline cases, the grey zone. [34,52,53] In the end, the final decision concerning treatment choice depends on the judgment and experience of the head surgeon and the specifics of the patient. [8,34,40,43,54]

Nowadays, indications for amputation are limited to unstable patients, limbs with transected nerves (sciatic nerve, tibial posterior nerve) not suitable for reconstruction [55], and a crushed extremity with an ischemia time greater than 6 h. [55–58]

General assessment is the first stage of treatment of a patient with a severely mangled extremity. Since the injury is usually caused by high energy trauma and is often part of a complex condition in a polytraumatized patient, one must consider other injuries (head, chest, abdomen) [1,3] patient age, the state of peripheral vascular vessels (presence of diabetes mellitus, atherosclerosis, drug-corticosteroid administration, immunosuppression therapy, and other comorbidities), before making a decision. [4]

## 4. Assessment of the extremity

The mechanism of injury is perhaps the most important predicting factor influencing the outcome of extremity reconstruction. [1] Distal, sharp (clean) injuries have a better prognosis than proximal traction, torsional and crush injuries. [28,59,60] Some cases are associated with high levels of contamination (farm, industrial locations, and war conflicts) and can involve chemical damage and burns. [5,61,62]

The duration of ischemia is also an extremely significant factor. Prolonged ischemia leads to cellular metabolic changes, especially in muscle tissue, and patients may develop serious systemic reperfusion problems, such as renal failure, following revascularization. [28] Moreover, contamination, devitalized tissue and prolonged ischemia are always associated with a high risk of infection. [5,63] This increases greatly after 6 to 12 h of cold ischemia time, while muscles are intolerant of a warm ischemic time of more than 4 to 6 h, although the hand and digits can survive up to 24 h of cold ischemia [60,64] or even for 94 h. [65]

In a hemodynamically stable patient, the vascular status of the limb is assessed through peripheral pulses, skin color, local and capillary refill. Angiography or CT angiography are not mandatory because blood vessels should be identified during surgery, which should be performed as soon as possible. [5] Doppler ultrasound and arteriography are also of limited value in this context. [66] Moreover, skeletal stability, motor and sensory deficit-impairment, soft tissue and skin loss must also be defined besides limb vascularity.

Skeletal injuries are assessed clinically and documented using plain radiography, but a CT scan is preferable for the pelvic ring and articular fractures. [1]

Nerve injuries are evaluated by assessing sensory loss and motor function. For the major nerves, the clinical status is obvious, but it is sometimes difficult to examine a polytraumatized or unconscious patient, so nerve injuries may be overlooked. Nerve damage can be verified during the initial surgical debridement and precise exploration when all tissues are directly visualized. [28,60,67,68]

## 5. Treatment

The initial management of a major, severe limb injury should be conducted according to the Advanced Trauma Life-Support (ATLS)

guidelines, with initial resuscitation and stabilization of the patient. [59,64] Bleeding from the injured limb must be controlled with pressure and a compression dressing. [9] A tourniquet is used for a severely injured limb until the vessels can be identified and ligated or repaired in the operating room. [9]

Surgical treatment is performed as a staged procedure.

1. Irrigation and radical debridement of all damaged tissues are mandatory. Treatment begins with copious gravity irrigation with saline solution, but high pressure irrigation is not preferable [69,70]. This procedure removes foreign material and frees devitalized from healthy tissues and should be performed within 24 h. Second- and third-look debridement surgery is often necessary during hospitalization, at 24 and 36 h. [3,31,71,72] Bacterial culture swabs are taken from the damaged tissue, and antibiotics should be administered immediately, inside 2 h, to decrease the infection rate. [73,74] Usually it is first generation cephalosporin, aminoglycosides, gentamicin, while high doses of penicillin and metronidazole are given when anaerobic bacterial contamination is suspected. [75] Tetanus prophylaxis is mandatory. As in tumor surgery, extensive debridement is done in the operating room when nerves should be identified and spared wherever possible, while other devascularized tissues, including skin, fascia, bone and muscle, need to be removed until brisk bleeding appears at the debrided ends. Damaged blood vessels should be debrided, ligated or prepared for reconstruction. [1,9] At this stage one can also decompress the fascial compartments, particularly in the forearm and hand, but also in the lower leg. [10,66,67]
2. The next step is skeletal stabilization. In cases with major soft tissue damage, as part of damage control orthopedics, temporary external fixation is the treatment of choice. [3,5,53,62,76] Stable fixation enables soft tissue reconstruction, especially vascular repair. Regarding the long bone, external fixation can be replaced by internal fixation, since external fixation leads to nonunion in 50% of cases. [9] Moreover, besides external fixation, plating and intramedullary fixation are reasonable options. Stable internal fixation does not result in a higher infection rate. [3,40,65,77] When a limited length of bone is destroyed, shortening is allowed and direct internal bone fixation can be done, which also facilitates primary end-to-end arterial anastomoses and direct suture of the nerves. The humerus can be shortened up to 5 cm, and the forearm up to 4 cm. [62] On the other hand, for the lower limb the length of the extremity should be restored. A stable bone autograft or allograft (up to 4 cm) is the method for substitution of large bone defects. [62] For those of 6 cm or more, a vascularized autograft, such as a free vascularized fibula graft, is mostly used. [78–80] Also, when there is a large bone defect, the Ilizarov method of distraction osteogenesis can be applied. [81] In some circumstances, a frame may be placed, followed by simultaneous shortening (resection of devitalized bone) and lengthening by corticotomy and distraction. [82] Also, the bone loss can be treated by the induced membrane technique, [83,84] as well as with different biomaterials and new biologic adjuvants. [85–92]
3. If possible, intra-articular fractures must be anatomically reduced and stabilized, the goal being to enable early joint motion. Joint replacement may be a treatment option for larger joints. On the other hand, stability is more important than mobility, and primary fusion may be the best option for some wrist, ankle and foot joints. [5,93]
4. In the presence of vascular injury, reconstruction is mandatory. Arteries are sutured first. Vein grafts can be used where there is a vessel defect. Reversed saphenous vein grafts are a common option. Longer defects may also be reconstructed with a peroneal artery graft. [94] Smaller diameter vein grafts can be ob-

tained from the dorsum of the hand, superficial forearm veins and from the spare parts in the mutilated extremity. [95] Veins should be reconstructed wherever there is any doubt about adequate venous drainage. [1]

5. Tendon repair and tendomuscular reconstruction is the next step. Although tendons can be sutured later, early primary tendon restoration is advisable whenever possible. In the case of tendon defect or tissue destruction, one should use a graft such as the palmaris longus or another tendon. Tendon transfers can also be done at a late stage [1,96], and side-to-side tenodeses can also yield good results. However, passive or active silicone tendon rods should be used to reduce any problems associated with scar tissue when one needs to perform delayed or staged reconstructions. [34] Another possibility is to use free microsurgical functional muscle transfers, such as *latissimus dorsi*, *gracilis*, *tensor fascia latae*, *rectus femoris*, *medial gastrocnemius* and *serratus anterior*. [29,97]
6. Nerve reconstruction is important and probably the most demanding surgical procedure with the least predictable result. [1] Meticulous surgical repair is important, but the functional outcome depends on a variety of other non-surgical factors, including the age of the patient, the extent and site of the injury (more proximal - less predictable), the kind of nerve damage, associated diseases, the mechanism of the particular injury and the size of the possible nerve gap. [98] It is preferable to carry out nerve exploration and reconstruction (when possible) during initial surgery, because scar tissue makes late exploration and reconstruction very difficult. Moreover, axon regeneration progressively fails over time and the outcome is much worse after late reconstruction. The best results are achieved with direct end-to-end epineural repair. Smaller nerve gaps can be resolved by mobilizing the nerve ends, through proximal nerve transpositions, or by using bridging veins, nerve conduits, silicone and absorbable tubes. [99–101] Primary nerve transfers can be performed in multiple nerve injuries, for example an anterior interosseous nerve transferred to the motor ulnar nerve, or the sensory branch of the radial nerve moved to the digital nerves for the first two digits. [102,103] Larger nerve gaps need conventional nerve grafting. [3,104]
7. Timing and type of wound closure are still controversial issues. In war injuries immediate closure is not advisable, but exposed bone, tendons and blood vessels should be covered to decrease infection using negative wound pressure for less than 7 days [5]. In the presence of major soft tissue defects, when primary closure is impossible, different flaps are an option. The concept of early coverage of soft-tissue defects is becoming widely accepted, [1,31,72,105–111] because vascularized flaps have the capacity to promote healing biologically under the coverage, with a simultaneously decreased infection rate. Numerous pedicle or free vascularized flaps are used in practice, from less aggressive, such as local muscle flaps, [112,113] to more demanding and extensive surgical procedures, such as free flaps. [114,115] When second debridement is necessary, one should consider the “Closed-Open-Close free flap technique”, which allows early wound covering even if it is contaminated. [72] In any case, wounds (or flaps) must never be closed tightly, due to the risk of ischemic changes. [1,31,72] The choice of graft is determined by the size and location of the defect and follows the “reconstructive ladder” principles. [108] Recent advances in the treatment of soft tissue use dermal regenerate templates and extracellular matrix scaffolds. [5]

The postoperative rehabilitation program is very important because it promotes early movement of the joints and tendons, preventing joint contractures and formation of scar tissue around tendons. [1] Patients also benefit from psychological support and so-

cial assistance because post-traumatic stress disorder and depression are common following these catastrophic injuries. [9,116]

## 6. Complications and secondary reconstructions

One must be aware of numerous complications occurring in a severely injured extremity. The most serious are arterial or vein thrombosis, pulmonary embolism, [117] deep infection, osteomyelitis, loss of tissue flaps. [45,59,118] The most common are wound infection (28.3%), nonunion (23.7%) and osteomyelitis (7.7%). [119] Some authors have had to perform secondary reconstructions for failed primary procedures in 45% of hand and digital replant patients. [120] Secondary procedures can include simple adhesiolysis, tenolysis, capsulotomies, Z-lengthening of contracted scars, local flaps, nerve grafting, and tendon transfers. [121,122] Absence of the thumb can be overcome by pollicization of the second digit or through the Morrison procedure. [123]

## 7. Conclusion

Treatment of a mangled extremity is very difficult and represents a challenge for orthopedic surgeons. The efficiency of a particular treatment depends on numerous conditions and one must choose the correct care at the right time for each patient, as well as considering cost efficiency. [5] In some cases one chooses life before limb, but in others one needs to decide between limb saving or amputation. Limb salvage procedures are lengthy and associated with significant morbidity, reoperations, financial expense and social impairment. For a functional extremity, movement and sensation must be restored but after any reconstruction, the functional result can never match the function of an uninjured limb. However, in the future, functional results may possibly be improved with cadaveric tissue transplants. [124–126]

If it is impossible to reconstruct the mangled extremity, limb amputation should be done with the awareness that there are bionic types of prosthesis. Adding sensory feedback to prosthetic devices dramatically improves functionality and embodiment. However, the final decision about when to save or when to amputate is still up to the surgeon.

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The authors declare that they have no conflict of interest.

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