

Dogs and Bones

Llinos Williams (Physician associate), Ngwe Nyunt (Specialty doctor), Richard Davies (NHFD data coordinator),
Vedamurthy Adhiyaman (Geriatrician)

Glan Clwyd Hospital, Betsi Cadwaladr University Health Board, North Wales

Introduction



The health benefits of owning dogs are vast: improved physical activity, mental well-being, companionship etc.

However, musculoskeletal injuries caused by dog-related activities might negate the benefits.

We wanted to estimate the number of femoral fractures caused by dog-related activities in people over 60



Methods

We identified all patients over 60 with femoral fractures caused by dog-related activities over a year

We chose people above 60 because they are more likely to have a fragility fracture and are entered in the NHFD

Results

387 patients (above the age of 60) had femoral fractures

16 were directly related to dog-related activities.

11 females, 5 males, average age 79 (63-93)

The common mechanisms of injuries include being tripped, pulled, jumped over and tangled/tripped by leash

Conclusion

4% of femoral fractures in people over 60 were caused by dog-related activities.

This is probably an underestimate, because some owners may not have volunteered this information out of love for their dogs and inadequate history.

There were more fractures in spring and summer (11) compared to autumn and winter (5) due to increased activity with better weather.

Having a dog is a risk factor for femoral fractures and this risk should be addressed appropriately.