

# Fractured Tibia & Fibula Due To Erotic Dancing: A Trinidad Experience

M Ramdass, V Naraynsingh, D Maharaj

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## Abstract

In Trinidad & Tobago a local dance exists, referred to as 'wining'. It is a dance associated with gyrating movements of the hips and pelvis accompanied by swaying, spiral movements of the lower limbs while moving towards the ground.

We report the first two cases of a compound, spiral fracture of the distal third of the tibia and fibula due to 'wining', an erotic dance native to our island and suggest caution to those who perform this dance.

## CASE REPORTS

### CASE 1

While performing the 'wining dance' for his companions, the left leg of a healthy 42-year old obese male suddenly fractured in a spiral manner while he was swaying towards the ground in the typical spiral fashion[fig. 1]. The pointed end of the tibia pierced the skin from within and converted it to a compound fracture. There was no underlying pathologic condition.

### Figure 1

Figure 1: A picture of the spiral fracture of the tibia & fibula resulting from the spiral downward movements of the 'wining dance'.



### CASE 2

While performing the 'wining dance' the right leg of a healthy 56-year old obese male suddenly fractured in a spiral manner while he was swaying towards the ground in the

typical spiral fashion. The pointed end of the tibia pierced the skin from within and converted it to a compound fracture. There was no underlying pathologic condition

## DISCUSSION

Compound tibia and fibula fractures are common injuries typically associated with direct trauma during a motor vehicle accident <sup>1</sup>, football injuries <sup>2</sup> or an accidental fall from a height.

Usually a twisting force causes a spiral fracture of the tibia and fibula <sup>1</sup> and some articles state stress fractures of the tibia and fibula are a result of increase of inappropriate strain with pre-existing risk factors such as connective tissue disorders, osteoporosis, early menopause, methotrexate, corticosteroids and prolonged immobilization<sup>3</sup>, but can occur due to repetitive stress which is seen in many recruits, runners and ballet dancers<sup>1</sup>.

There are few esoteric causes for a spiral tibia and fibula fracture to occur with only one case of a closed tibia and fibula fracture due to loss of attention secondary to excessive use of laxatives with diuretics<sup>4</sup>.

'Wining' in particular has been associated with paraphimosis in young males and is documented as an esoteric cause of paraphimosis. <sup>5</sup>

We postulate the downward, swaying, spiral movements of the legs in these overweight males induced enough rotational force to fracture the long bones of the legs and suggest that persons with known medical disorders, which predispose to

osteoporosis or those who are overweight proceed in a cautious manner when performing the 'wining dance'.

### Figure 2

Figure 2: "Wining" with downward swaying movements of his legs towards the ground



### CORRESPONDENCE

Dr. Michael J. Ramdass  
100 East Drive,  
Champs Fleurs,

St. Joseph,  
Trinidad, West Indies.  
E-mail: jimmyramdass@hotmail.com

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**Author Information**

**Michael J Ramdass**

Senior House Officer, Surgery, General Hospital, Port-of-Spain, Trinidad

**Vijay Naraynsingh, Professor of Surgery**

Consultant Vascular and General Surgeon, Surgery, General Hospital, Port-of-Spain, Trinidad

**Dale Maharaj**

Consultant, Surgery, General Hospital, Port-of-Spain, Trinidad