

Distal Tibia: Nailing

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Trauma 101 Clearwater 2019

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Disclosure & Disclaimer

- Nothing
- Like to Plate



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However

- Open injuries
- Swelling
- Obesity
- DM – HgA_{1c} > 7.5
- Smoking - > 1 ppd
- Osteoporosis
- Poor skin



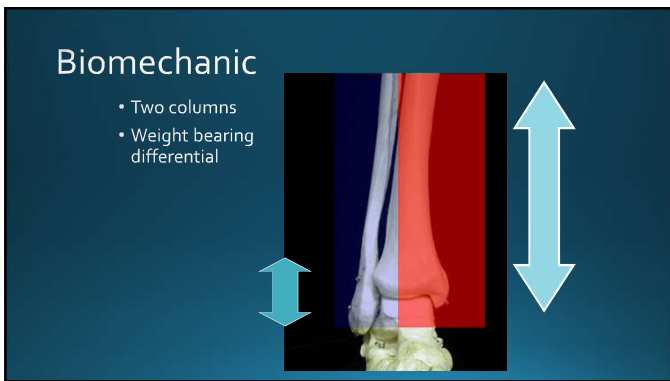
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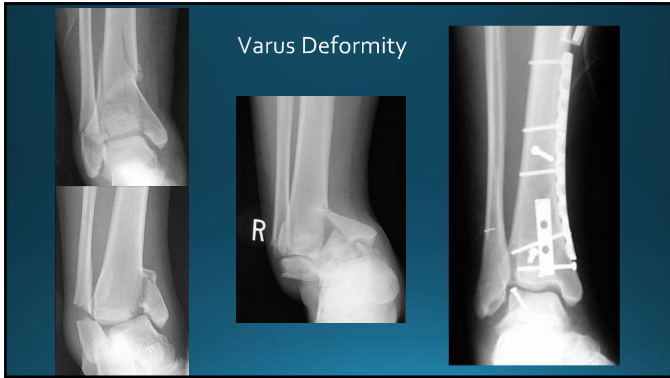
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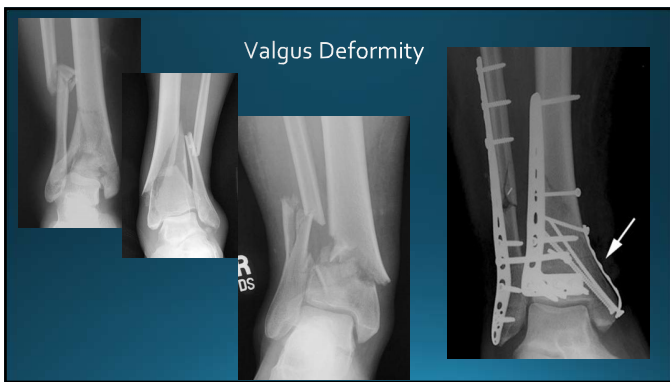
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Tips & Tricks

- Positioning & approach
- Reduction aids
 - Universal distractor
 - Clamps
 - Plating fibula
 - Blocking screws



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Distal pattern

1. Malalignment
2. Loss of reduction

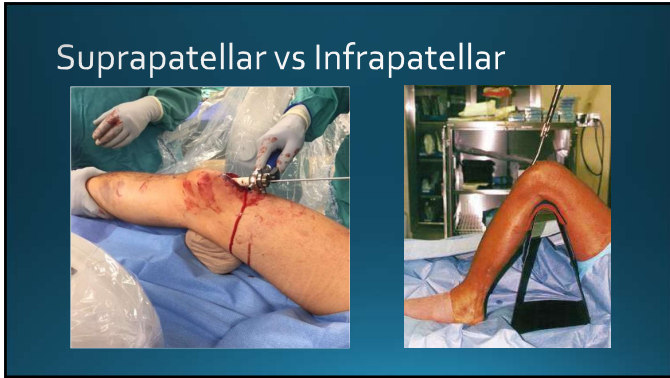


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Positioning



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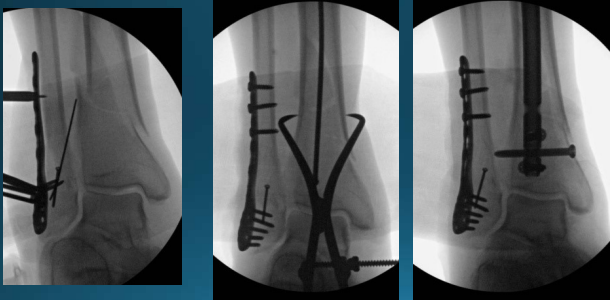
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Fibular plating

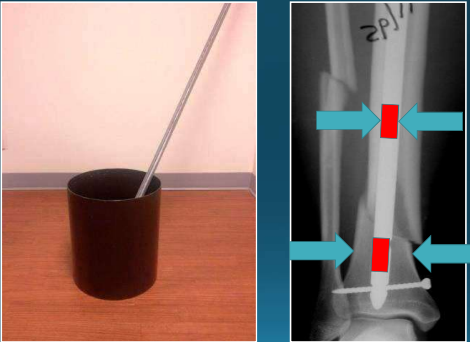
- Length / rotation / alignment
- Simple pattern
- Concomitant ankle fracture
- Affect on healing?
 - Do not distract/malred



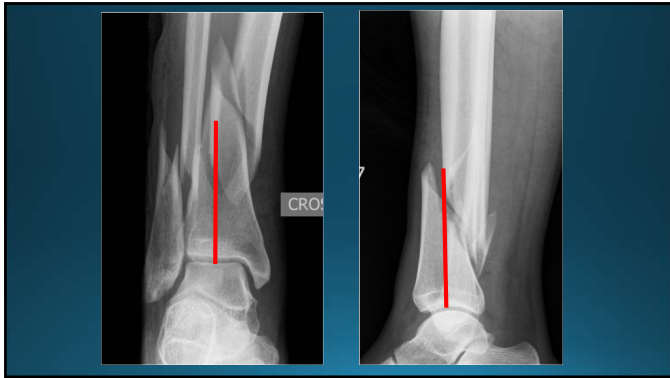
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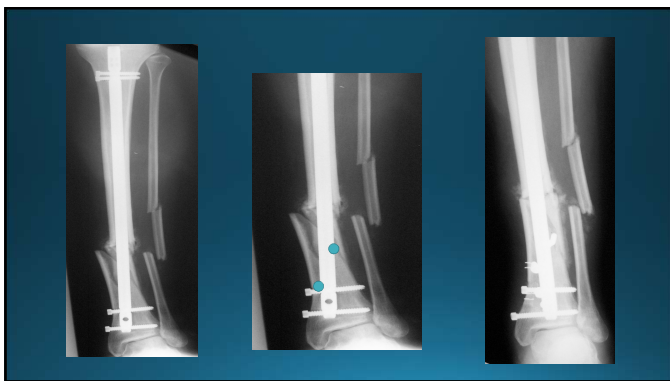


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Blocking Screws

- Narrow canal of metaphyseal
- Increase distal fixation

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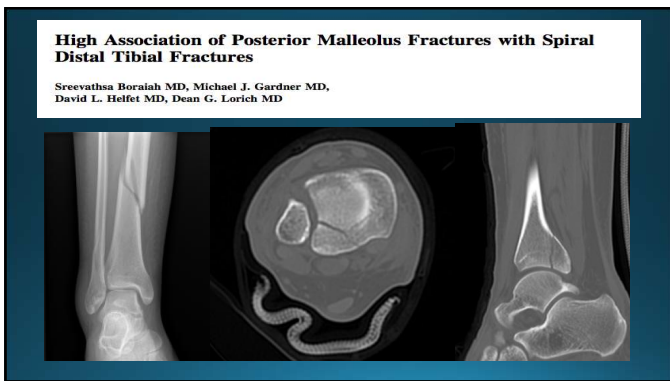
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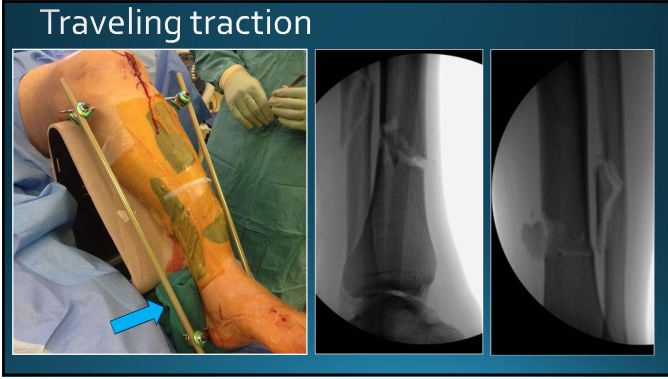
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