

Bimalleolar Ankle Fracture Dislocation Treatment Using Plate and Screw Fixation

Case Study

Kent Ellington, MD

A 57-year-old female with a closed bimalleolar fracture dislocation was treated with the Acumed Ankle Plating System 3 and Small Fragment Base Set.



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Patient History

Patient is a 57-year-old who tripped while walking her dog in August 2015. She sustained a closed bimalleolar fracture dislocation that was reduced in the emergency room and splinted. She was presented to the clinic two days later and went to the operating room on post-injury day six.

Treatment

Treatment included open reduction internal fixation (ORIF) of her ankle fracture. The Acumed Ankle Plating System 3 and Small Fragment Base Set were used to provide fixation. This required a routine lateral and medial approach to the ankle. The patient was placed into a supine position. The oblique fibula was reduced and fixed initially with a lag screw then with a neutralization one-third tubular plate. Next, the medial malleolar fragment was reduced then fixed with two 4.0 mm cannulated partially threaded screws with excellent compression.

Discussion

This is a common fracture pattern. The necessary tools, instruments, plates, and screws required to complete ORIF of ankle fractures are included in the Acumed Ankle Plating System 3. This patient has regained full range of motion and had no pain at final follow-up.



6 months postoperative



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