

Trimalleolar Ankle Fracture Dislocation Treatment Using Plate and Screw Fixation

Case Study

Kent Ellington, MD

A 70-year-old female with a closed trimalleolar fracture dislocation was treated with the Acumed Ankle Plating System 3 and Small Fragment Base Set.



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Patient History

The patient is a 70-year-old female who fell off her bicycle in July 2015. She sustained a closed trimalleolar fracture dislocation that was reduced in the emergency room and splinted. A CT scan was obtained. The patient presented to the clinic four days later and went to the operating room on post-injury day eight.

Treatment

Treatment included open reduction internal fixation (ORIF) of the ankle fracture. The Acumed Ankle Plating System 3 and Small Fragment Base Set were used to provide fixation, which required a posterolateral approach to the ankle. The patient was placed in a prone position and the comminuted fibula was fixed with a bridge plate. Next, the posterior malleolus fragment was fixed with a buttress plate, then the comminuted medial malleolus was fixed with a Hook Plate.

Discussion

This fracture type requires a thorough understanding of the fracture mechanism, bone quality, and surgical approach. Ankle fractures present many variations. The necessary tools, instruments, plates, and screws required to complete ORIF of ankle fractures are all included in the Acumed Ankle Plating System 3.



8 weeks postoperative



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