

# Contents

## Part I General Aspects of Internal Fixation

|          |  |    |
|----------|--|----|
| <b>1</b> | <b>Principles of Internal Fixation</b>                                       |    |
|          | J. SCHATZKER   | 3  |
| 1.1      | <b>Introduction</b>  | 3  |
| 1.1.1    | Mechanical Properties of Bone  | 3  |
| 1.1.2    | Types of Load and Fracture Patterns  | 4  |
| 1.1.3    | Classification of Fractures  | 4  |
| 1.1.4    | Effects of Fracture  | 8  |
| 1.1.5    | Soft Tissue Component and Classification of Soft Tissue Injuries             | 8  |
| 1.2      | <b>Aims of Treatment</b>   | 9  |
| 1.3      | <b>Previous Experience with Internal Fixation</b>                            | 10 |
| 1.4      | <b>Rigidity and Stability</b>  | 10 |
| 1.5      | <b>Methods of Absolutely Stable Fixation</b>                                 | 11 |
| 1.5.1    | Lag Screw  | 11 |
| 1.5.2    | Lag Screw, Neutralization, and Buttressing                                   | 12 |
| 1.5.3    | Tension Band Plate and Compression Plate                                     | 12 |
| 1.6      | <b>Methods of Relative Stability or Splinting</b>                            | 14 |
| 1.6.1    | External Skeletal Fixation   | 14 |
| 1.6.2    | Intramedullary Nailing   | 15 |
| 1.6.3    | Bridge Plating   | 16 |
| 1.6.4    | Methods of Reduction   | 17 |
| 1.7      | <b>Changes to the Early Concepts in Internal Fixation</b>                    | 18 |
| 1.7.1    | Articular Fractures  | 21 |
| 1.7.2    | Diaphyseal Fractures   | 22 |
| 1.7.2.1  | Locked Intramedullary Nailing  | 22 |
| 1.7.2.2  | Reaming  | 22 |
| 1.7.2.3  | Bridge Plating   | 23 |
| 1.7.2.4  | Blood Supply to Bone and Implants  | 23 |
| 1.7.2.5  | The Limited Contact-Dynamic Compression Plate (LC-DCP)                       | 23 |
| 1.7.2.6  | The PC Fix or the Point Contact Plate (PCP) and Angularly Stable Fixation    | 24 |
| 1.7.2.7  | The Advantages of Locked Fixation and Its Angular Stability                  | 25 |
| 1.8      | <b>Biological Plating and Minimally Invasive Plate Osteosynthesis (MIPO)</b> | 27 |
| 1.9      | <b>Implant Failure and Bone Grafting</b>                                     | 29 |
| 1.10     | <b>Implant Removal</b>   | 30 |
|          | References   | 30 |

## 2 Intra-articular Fractures

|       |   |    |
|-------|---|----|
|       | J. SCHATZKER                                | 33 |
| 2.1   | <b>Introduction</b>                         | 33 |
| 2.2   | <b>Clinical Aspects</b>                     | 35 |
| 2.2.1 | Physical Examination                        | 35 |
| 2.2.2 | Radiological Evaluation                     | 35 |
| 2.3   | <b>Surgery</b>                              | 36 |
| 2.3.1 | Timing                                      | 36 |
| 2.3.2 | Approach and Technique                      | 38 |
| 2.4   | <b>Postoperative Care</b>                   | 39 |
| 2.5   | <b>Late Intra-articular Reconstructions</b> | 39 |
|       | References                                  | 43 |

## 3 Open Fractures

|         |  |    |
|---------|--|----|
|         | J. SCHATZKER and M. TILE                   | 45 |
| 3.1     | <b>Introduction</b>                        | 45 |
| 3.2     | <b>Assessment of the Soft Tissue Wound</b> | 45 |
| 3.3     | <b>Classification</b>                      | 45 |
| 3.4     | <b>Management</b>                          | 46 |
| 3.4.1   | Decision-Making                            | 46 |
| 3.4.2   | Immediate Treatment                        | 46 |
| 3.4.3   | Operative Treatment                        | 47 |
| 3.4.3.1 | Limb Salvage                               | 47 |
| 3.4.3.2 | Cleansing                                  | 47 |
| 3.4.3.3 | Débridement                                | 47 |
| 3.4.3.4 | Choice of Fixation                         | 48 |
| 3.4.3.5 | Implant Selection                          | 48 |
| 3.4.3.6 | Care of the Soft Tissue Wound              | 50 |
| 3.4.3.7 | Secondary Fracture Care                    | 51 |
| 3.4.3.8 | Open Joint Injuries                        | 52 |
| 3.5     | <b>Summary</b>                             | 53 |
|         | References                                 | 54 |

## Part II Fractures of the Upper Extremity

### 4 Fractures of the Proximal Humerus

|       |                             |    |
|-------|-----------------------------|----|
|       | M. TILE                     | 57 |
| 4.1   | <b>Introduction</b>         | 57 |
| 4.1.1 | General Considerations      | 57 |
| 4.1.2 | Anatomy                     | 57 |
| 4.1.3 | Vascular Anatomy            | 58 |
| 4.1.4 | Four-Segment Classification | 58 |

- 4.1.5 Stability 58
  - 4.1.6 Surgical Difficulties 59
  - 4.2 Classification 59
  - 4.3 Natural History and Surgical Indications 60
    - 4.3.1 Stable Fractures 60
    - 4.3.2 Unstable Fractures 60
      - 4.3.2.1 Minimal Displacement 60
      - 4.3.2.2 Major Displacement 62
    - 4.3.3 Articular Fractures 68
      - 4.3.3.1 Impacted (Hill-Sachs) 68
      - 4.3.3.2 Humeral Head 69
      - 4.3.3.3 Glenoid Labrum 69
  - 4.4 Management 74
    - 4.4.1 Assessment 74
      - 4.4.1.1 Clinical 74
      - 4.4.1.2 Radiological 75
      - 4.4.1.3 Examination Under Anesthesia 75
    - 4.4.2 Decision-Making 75
      - 4.4.2.1 Stable Fractures 75
      - 4.4.2.2 Unstable Fractures 75
    - 4.4.3 Surgical Technique 80
      - 4.4.3.1 Timing 80
      - 4.4.3.2 Approaches 81
      - 4.4.3.3 Reduction 82
      - 4.4.3.4 Methods of Internal Fixation 83
      - 4.4.3.5 Wound Closure 86
      - 4.4.3.6 Postoperative Care 87
  - References 88
- 5 Fractures of the Humerus (12-A, B, and C)**
- J. SCHATZKER 91
- 5.1 Introduction 91
  - 5.2 Indications for Surgery 91
    - 5.2.1 Failure to Obtain a Satisfactory Reduction 91
    - 5.2.2 Failure to Maintain Reduction 93
    - 5.2.3 Injuries to the Chest Wall 93
    - 5.2.4 Bilateral Humeral Fractures 93
    - 5.2.5 Multiple Injuries 94
    - 5.2.6 Vascular Lesions 94
    - 5.2.7 Neurological Lesions 94
    - 5.2.8 Fractures of the Shaft Associated with Intra-articular Fractures or Articular Extensions of the Fracture 95
    - 5.2.9 Open Fractures of the Humerus 95
    - 5.2.10 Pathological Fractures of the Humerus 95
  - 5.3 Surgical Approaches 96
  - 5.4 Surgical Methods of Stable Fixation 96
    - 5.4.1 Biomechanical Considerations 96
  - 5.5 Postoperative Regimen 102
  - 5.6 Removal of Internal Fixation 102
  - References 102
- 6 Fractures of the Distal End of the Humerus (13-A, B, and C)**
- J. SCHATZKER 103
- 6.1 Introduction 103
  - 6.2 Fractures with a Good Prognosis 103
    - 6.2.1 Fractures of the Epicondyles 103
      - 6.2.1.1 Fractures of the Lateral Epicondyle (13-A1.1) 103
      - 6.2.1.2 Fractures of the Medial Epicondyle (13-A1.2) 103
      - 6.2.1.3 Fractures of the Lateral Condyle (B1) 105
      - 6.2.1.4 Fractures of the Capitellum (13-B3.1) 105
  - 6.3 Fractures with a Poor Prognosis: The Extra-Articular Group A2 and A3 and Complete Articular Type C 106
    - 6.3.1 Supracondylar Fractures 106
      - 6.3.1.1 Natural History 106
      - 6.3.1.2 Factors Influencing Decisions in Treatment 108
      - 6.3.1.3 Indications for Surgery 110
      - 6.3.1.4 Surgical Treatment 110
  - References 120
- 7 Fractures of the Olecranon (12-B1)**
- J. SCHATZKER 123
- 7.1 Introduction 123
  - 7.2 Methods of Evaluation and Guides to Treatment 124
  - 7.3 Classification 124
    - 7.3.1 Intra-articular Fractures 124
      - 7.3.1.1 Transverse (21-B1.1) 124
      - 7.3.1.2 Oblique (21-B1.1) 125
      - 7.3.1.3 Comminuted Fractures and Associated Injuries 125
    - 7.3.2 Extra-articular Fractures 126
  - 7.4 Surgical Treatment 126
    - 7.4.1 Positioning the Patient 126
    - 7.4.2 Draping 126
    - 7.4.3 Tourniquet 126
    - 7.4.4 Surgical Exposure 127
    - 7.4.5 Techniques of Reduction and Internal Fixation 127
      - 7.4.5.1 Transverse Fractures 127
      - 7.4.5.2 Transverse Fractures with Joint Depression 128
      - 7.4.5.3 Oblique Fractures 128
      - 7.4.5.4 Comminuted Fractures 129
  - 7.5 Postoperative Care 129
  - References 129
- 8 Fractures of the Radial Head (21-A2.2, 21-B2.1, 21-B2.2, and 21-B2.3)**
- J. SCHATZKER 131
- 8.1 Introduction 131
  - 8.2 Mechanism of Injury 131
  - 8.3 Guides to Treatment 131
  - 8.4 Surgical Treatment 132
    - 8.4.1 Classification 132
    - 8.4.2 Positioning and Draping the Patient 133
    - 8.4.3 Surgical Exposure 133
    - 8.4.4 Techniques of Reduction and Internal Fixation 133
      - 8.4.4.1 Comminuted Fractures 133
      - 8.4.4.2 Split-Wedge Fractures 134
      - 8.4.4.3 Impaction Fractures 134
    - 8.4.5 Postoperative Care 135
  - References 135

## 9 Fractures of the Radius and Ulna

M. TILE 137

### 9.1 Introduction 137

### 9.2 Natural History 137

#### 9.2.1 Closed Treatment 137

#### 9.2.2 Open Treatment 137

#### 9.2.3 AO/ASIF Techniques 137

### 9.3 Management 138

#### 9.3.1 Principles 138

#### 9.3.2 Indications for Surgery 138

##### 9.3.2.1 Fractures of Both Bones 138

##### 9.3.2.2 Fracture of One Bone 139

##### 9.3.2.3 Open Fracture of the Forearm 140

#### 9.3.3 Timing of Surgery 140

#### 9.3.4 Surgical Technique 142

##### 9.3.4.1 Preliminary Considerations 142

##### 9.3.4.2 Surgical Approaches 142

##### 9.3.4.3 Reduction Techniques 144

##### 9.3.4.4 Technique of Fracture Fixation 147

### 9.4 Special Considerations 154

#### 9.4.1 Fractures of Both Bones of the Forearm 154

#### 9.4.2 Fractures of One Bone 155

##### 9.4.2.1 Fractures of the Radius with Distal Radioulnar Subluxation (Galeazzi) 155

##### 9.4.2.2 Fractures of the Ulna 156

#### 9.4.3 Fractures of the Forearm in Adolescents 159

#### 9.4.4 Open Fractures of the Forearm 162

### 9.5 Complications 164

#### 9.5.1 Radioulnar Synostosis 164

#### 9.5.2 Stress Fracture 164

#### 9.5.3 Refracture and Plate Removal 165

References 166

## 10 Fractures of the Distal Radius

T. S. AXELROD 167

### 10.1 Distal Radius Fractures 167

#### 10.1.1 Classification 168

#### 10.1.2 Imaging 168

### 10.2 Overview of Treatment Options Based on Fracture Configuration 170

### 10.3 Closed Treatment 171

### 10.4 Operative Management of Distal Radius Fractures 171

#### 10.4.1 Percutaneous Pinning 171

#### 10.4.2 Pins and Plaster 171

#### 10.4.3 External Skeletal Fixation 172

#### 10.4.4 Limited Open Reduction 172

#### 10.4.5 Open Reduction and Internal Fixation 173

### 10.5 Algorithm for Treatment 173

### 10.6 Surgical Technique 174

#### 10.6.1 External Fixation Application 174

#### 10.6.2 Limited Open Reduction 178

#### 10.6.3 Open Reduction and Internal Fixation 178

##### 10.6.3.1 Open Reduction and Internal Fixation of Shear Fractures (Volar Barton's, Radial Styloid) 178

##### 10.6.3.2 Open Reduction and Internal Fixation of Joint Compression Fractures (Die-Punch Fractures) 180

##### 10.6.3.3 Shear Plus Compression 180

##### 10.6.3.4 Multifragmentary Combined Fractures 181

## 10.7 The Distal Radioulnar Joint 183

## 10.8 Postoperative Care 187

## 10.9 Complications 187

### 10.9.1 Pin Site Infection 187

### 10.9.2 Median Nerve Compression 187

### 10.9.3 Reflex Sympathetic Dystrophy 187

### 10.9.4 Malunion of the Distal Radius 187

### 10.9.5 Nonunion of the Distal Radius 187

### 10.9.6 Posttraumatic Osteoarthritis of the Radiocarpal Joint 188

## 10.10 Conclusions 188

References 188

## Part III Fractures of the Spine, Pelvis, and Acetabulum

## 11 Fractures of the Spine

R. HU 193

### 11.1 Introduction 193

### 11.2 History 193

#### 11.2.1 Internal Fixation and Fusion 193

#### 11.2.2 Distraction Rod Fixation 194

#### 11.2.3 Segmental Sublaminar Wires 194

#### 11.2.4 Short-Segment Fixation 194

### 11.3 Initial Assessment and Management 195

#### 11.3.1 Physical Examination 195

##### 11.3.1.1 Neurological Examination 195

##### 11.3.1.2 Sacral Reflexes 196

##### 11.3.1.3 Corticosteroids 196

#### 11.3.2 Initial Radiological Assessment 197

##### 11.3.2.1 Plain Films and Tomography 197

##### 11.3.2.2 Computed Tomography Scan 200

##### 11.3.2.3 Myelography 200

##### 11.3.2.4 Magnetic Resonance Imaging 201

### 11.4 Classification 203

### 11.5 Operative Decision-Making with Neurological and Biomechanical Goals 205

#### 11.5.1 Indications 205

##### 11.5.1.1 Does the Patient Have a Neurological Deficit? If so, to What Degree? 205

##### 11.5.1.2 Are the Anterior Elements Intact? 206

##### 11.5.1.3 Are the Posterior Elements Intact? 206

##### 11.5.1.4 What Information to Assess with Imaging? 206

##### 11.5.1.5 Will the Patient Tolerate Operative or Nonoperative Treatment? 206

### 11.6 Preparation for Surgery 207

#### 11.6.1 Timing of Surgery 207

#### 11.6.2 Patient Positioning 207

#### 11.6.3 Intraoperative Blood Loss 208

### 11.7 Anatomy as Related to Surgical Approaches 208

#### 11.7.1 Posterior Approach 208

##### 11.7.1.1 Cervical Spine Posterior Approach 208

##### 11.7.1.2 Cervical Spine Decompression 209

##### 11.7.1.3 Thoracic Spine Posterior Approach 209

- 11.7.1.4 Lumbosacral Junction Posterior Approach 209
- 11.7.2 Thoracolumbar and Lumbar Spine Decompression 209
- 11.7.3 Anterior Approach 211
- 11.7.3.1 Cervical Spine 211
- 11.7.3.2 Cervicothoracic Junction 212
- 11.7.3.3 Thoracic Spine 212
- 11.7.3.4 Thoracolumbar Junction 212
- 11.7.3.5 Lumbar Spine 213
- 11.7.3.6 Lumbosacral Junction 213
- 11.7.4 Decompression Anterior Approach 213
- 11.8 Fractures and Specific Management 214**
- 11.8.1 Upper Cervical 214
- 11.8.1.1 Atlas Injury 215
- 11.8.1.2 Atlas and Odontoid Injury 216
- 11.8.1.3 Odontoid Injury 216
- 11.8.1.4 C2 Injury 216
- 11.8.2 Lower Cervical Spine 216
- 11.8.3 Thoracic Spine 221
- 11.8.4 Thoracolumbar Junction 223
- 11.8.4.1 Internal Fixation 224
- 11.8.5 Lumbar Spine 228
- 11.8.6 Sacral Fractures 229
- 11.8.6 Osteoporotic Fractures 231
- 11.9 Postoperative Care 232**
- 11.9.1 Brace Wear 232
- 11.9.2 Mobilization 233
- 11.9.3 Complications and Their Prevention 233
- 11.9.4 Pedicle Screw Insertion 233
- 11.9.5 Thromboembolic Disease 233
- 11.9.6 Urinary Care 234
- 11.10 Outcomes of Treatment of Spinal Injury 234**
- 11.11 Conclusions 234**
- References 235**
  
- 12 Fractures of the Pelvis**
- M. TILE 239
- 12.1 Introduction 239**
- 12.2 Understanding the Injury 239**
- 12.2.1 Ring Structure of the Pelvis 239
- 12.2.2 Anatomical Lesions 241
- 12.2.3 Stability of the Pelvis 241
- 12.2.3.1 Sacroiliac Complex 243
- 12.2.3.2 Pelvic Floor 244
- 12.2.4 Types of Injurious Forces Acting on the Pelvis 244
- 12.2.5 Effect of Forces on Soft Tissue 246
- 12.3 Classification 246**
- 12.3.1 Comprehensive Classification (from Tile 1988) 246
- 12.3.1.1 General Concepts 246
- 12.3.2 Type A Stable Fractures (Table 12.2) 247
- 12.3.3 Type B – Partially Stable Fractures (Table 12.2) 247
- 12.3.3.1 Open Book (Anteroposterior Compression) Fractures (B1, B3.1) 247
- 12.3.4 Partially Stable Fractures (Type B2) 250
- 12.3.4.1 Lateral Compression Fractures (Tables 12.1, 12.2, 12.4) 250
- 12.3.5 Type C – Unstable Fractures – Complete Disruption of the Posterior Arch (see Tables 12.1, 12.2) 254
- 12.3.6 Unusual Types of Fracture 255
- 12.3.6.1 Complex Fractures 255
- 12.3.6.2 Bilateral Sacroiliac Dislocation with an Intact Anterior Arch 255
- 12.3.6.3 Pelvic Disruptions Associated with Acetabular Fractures 255
- 12.4 Natural History 255**
- 12.5 Management of the Pelvic Disruption 257**
- 12.5.1 Assessment 257
- 12.5.1.1 General Assessment 257
- 12.5.1.2 Specific Musculoskeletal Assessment 258
- 12.5.1.3 Diagnosis of Pelvic Instability 260
- 12.5.2 Resuscitation 260
- 12.5.3 Provisional Stabilization 261
- 12.5.3.1 External Fixation or Pelvic Clamp 262
- 12.5.3.2 Role of Skeletal Traction 263
- 12.5.3.3 Early Internal Fixation 263
- 12.5.4 Definitive Stabilization 265
- 12.5.4.1 Stable Fractures (Type A) 265
- 12.5.4.2 Unstable Fractures (Type C) 266
- 12.5.4.3 Surgical Techniques 276
- 12.5.4.4 Postoperative Care 287
- 12.5.4.5 Complications 287
- 12.6 Conclusions 288**
- References 290**
  
- 13 Fractures of the Acetabulum**
- M. TILE 291
- 13.1 Introduction 291**
- 13.1.1 Natural History 291
- 13.1.2 Surgical Anatomy 294
- 13.1.3 Mechanism of Injury 295
- 13.2 Assessment 296**
- 13.2.1 Clinical Assessment 296
- 13.2.2 Radiological Assessment 296
- 13.2.2.1 Special Radiographs of the Pelvis 296
- 13.2.2.2 Specific Acetabular Views 296
- 13.2.2.3 Tomography 298
- 13.2.2.4 Computed Tomography 298
- 13.2.2.5 Magnetic Resonance Imaging 300
- 13.3 Classification 300**
- 13.4 Treatment 303**
- 13.4.1 Decision-Making 303
- 13.4.2 Fracture Factors 303
- 13.4.2.1 Nonoperative Management 303
- 13.4.3 Operative Management 308
- 13.4.3 Postoperative Care 334
- 13.5 Complications 335**
- 13.5.1 Nerve Injury 335
- 13.5.2 Role of Total Hip Arthroplasty 335
- 13.6 Conclusions 335**
- References 339**

## Part IV Fractures of the Lower Extremity

### 14 Subcapital and Intertrochanteric Fractures

J. SCHATZKER 343

- 14.1 **Anatomy and Blood Supply** 343
    - 14.1.1 Cross-Sectional Anatomy of the Head 343
      - 14.1.1.1 Neck Shaft Angle 343
      - 14.1.1.2 Greater Trochanter 343
    - 14.1.2 Blood Supply 344
  - 14.2 **Classification** 344
  - 14.3 **Subcapital Fractures** 345
    - 14.3.1 Classification 345
    - 14.3.2 History and Physical Examination 347
    - 14.3.3 Imaging Techniques 347
      - 14.3.3.1 X-Rays 347
      - 14.3.3.2 Bone Scan 348
      - 14.3.3.3 Computerized Axial Tomography 348
      - 14.3.3.4 Magnetic Resonance Imaging 348
    - 14.3.4 Surgical Treatment 348
      - 14.3.4.1 Method of Reduction 348
      - 14.3.4.2 Methods of Internal Fixation 350
      - 14.3.4.3 Methods of Joint Replacement 352
    - 14.3.5 Decision-Making 353
      - 14.3.5.1 Undisplaced Fractures 353
      - 14.3.5.2 Displaced Fractures 353
      - 14.3.5.3 Special Fracture Situations 355
    - 14.3.6 Postoperative Management 355
    - 14.3.7 Complications 355
      - 14.3.7.1 Nonunion 355
      - 14.3.7.2 Avascular Necrosis and Loss of Fixation 356
  - 14.4 **Intertrochanteric Fractures** 357
    - 14.4.1 Surgical Anatomy and Classification 357
    - 14.4.2 History and Physical Examination 358
    - 14.4.3 Surgical Treatment 358
      - 14.4.3.1 Reduction 359
      - 14.4.3.2 Internal Fixation 359
    - 14.4.4 Postoperative Management 361
    - 14.4.5 Common Early and Late Postoperative Complications 362
- References** 365

### 15 Subtrochanteric Fractures of the Femur

J. SCHATZKER 367

- 15.1 **Biomechanical Considerations** 367
  - 15.1.1 Mechanical Forces 367
  - 15.1.2 Degree of Comminution 367
  - 15.1.3 Level of the Fracture 368
  - 15.1.4 Pattern of the Fracture 368
  - 15.1.5 Deformity 368
- 15.2 **Natural History** 368
- 15.3 **Indications for Open Reduction and Internal Fixation** 369
- 15.4 **Surgical Techniques** 370
  - 15.4.1 Diagnosis 370
  - 15.4.2 Classification 370
  - 15.4.3 Planning the Surgical Procedure 370
    - 15.4.3.1 Implants 370

- 15.4.3.2 Preoperative Planning 376
  - 15.4.4 Surgery 379
    - 15.4.4.1 The Operating Table 379
    - 15.4.4.2 Positioning the Patient 379
    - 15.4.4.3 Surgical Approach for Plating 380
    - 15.4.4.4 Technique of Insertion of Guide Wires and Insertion of the Fixation Devices 381
    - 15.4.4.5 Bone Grafting 383
  - 15.4.5 Postoperative Care 383
    - 15.4.5.1 Signs of Instability 383
    - 15.4.5.2 Infection 383
- References** 384

### 16 Fractures of the Femur

J. SCHATZKER 385

- 16.1 **Introduction** 385
  - 16.2 **Factors Important in Evaluating the Mode of Treatment** 385
  - 16.3 **Surgical Treatment** 386
    - 16.3.1 Timing of Surgery 386
      - 16.3.1.1 Multiple System Injuries 386
      - 16.3.1.2 Head Injury 387
      - 16.3.1.3 Open Fractures 388
      - 16.3.1.4 Vascular Injury 388
      - 16.3.1.5 Ipsilateral Neck Fracture or Dislocation of the Hip 388
      - 16.3.1.6 Ipsilateral Fracture of the Femoral Shaft and Ligamentous Disruption of the Knee 388
      - 16.3.1.7 Floating Knee Syndrome 389
      - 16.3.1.8 Isolated Fractures of the Femoral Shaft 389
    - 16.3.2 Surgical Technique 389
      - 16.3.2.1 Positioning the Patient, Skin Preparation, and Draping 389
      - 16.3.2.2 Surgical Approach 389
      - 16.3.2.3 Technique of Open Reduction 390
      - 16.3.2.4 Technique of Fracture Fixation 392
      - 16.3.2.5 Bone Grafting 405
      - 16.3.2.6 Wound Closure 405
    - 16.3.3 Postoperative Care 405
  - 16.4 **Special Considerations: Open Fractures of the Femur** 405
- References** 406

### 17 Supracondylar Fractures of the Femur (33-A, B, and C)

J. SCHATZKER 409

- 17.1 **Introduction** 409
- 17.2 **Guides to Treatment and Indications for Surgery** 411
  - 17.2.1 Absolute Indications 412
    - 17.2.1.1 Intra-articular Fractures in Which Adequate Joint Congruity Cannot Be Restored by Manipulation 412
    - 17.2.1.2 Open Intra-articular Fractures 413
    - 17.2.1.3 Associated Neurovascular Injuries 413
    - 17.2.1.4 Ipsilateral Fracture of the Tibial Plateau or Patellar Fracture 414

- 17.2.1.5 Ipsilateral Fracture of the Tibia (the Floating Knee) 414
- 17.2.1.6 Multiple Injuries 414
- 17.2.1.7 Pathological Fractures 414
- 17.2.2 Relative Indications 414
- 17.3 **Surgical Treatment** 414
- 17.3.1 Timing of Surgery 414
- 17.3.2 History and Physical Examination 415
- 17.3.3 Radiological Examination 415
- 17.3.4 Classification 416
- 17.3.5 Planning the Surgical Procedure 416
- 17.3.6 Surgical Anatomy of the Distal Femur 417
- 17.3.7 Positioning and Draping the Patient 419
- 17.3.8 Surgical Exposure 419
- 17.3.8.1 Lateral Exposure 419
- 17.3.8.2 Anterior Exposure 420
- 17.3.9 Techniques of Reduction and Internal Fixation 421
- 17.3.9.1 Type A Fractures 421
- 17.3.9.2 Type B Fractures 426
- 17.3.9.3 Type C Fractures 427
- 17.3.9.4 Minimally Invasive Plate Osteosynthesis, the Condylar LCP and LISS 429
- 17.3.9.5 The Open Supracondylar Fracture 434
- 17.3.10 Bone Grafting 436
- 17.3.11 Methyl Methacrylate 436
- 17.4 **Postoperative Care** 437
- 17.5 **Complications** 437
- 17.6 **Conclusions** 438
- References** 439
  
- 18 Fractures of the Patella**
- J. SCHATZKER 441
- 18.1 **Introduction** 441
- 18.2 **Methods of Evaluation and Guides to Treatment** 441
- 18.3 **Classification** 441
- 18.3.1 Osteochondral Fractures 441
- 18.3.2 Stellate Fractures 441
- 18.3.3 Transverse Fractures 442
- 18.3.4 Multifragmentary Displaced Fractures 442
- 18.4 **Surgical Treatment** 442
- 18.4.1 Undisplaced Fractures 442
- 18.4.2 Displaced Fractures 442
- 18.4.2.1 Surgical Approaches 443
- 18.4.2.2 Biomechanical Considerations 443
- 18.4.2.3 Techniques of Internal Fixation 443
- 18.5 **Postoperative Care** 444
- References** 445
  
- 19 Fractures of the Tibial Plateau**
- J. SCHATZKER 447
- 19.1 **Introduction** 447
- 19.2 **Classification and Guides to Treatment** 448
- 19.2.1 Type I (41-B1) 448
- 19.2.2 Type II (41-B3.1) 449
- 19.2.3 Type III (41-B.2) 450
- 19.2.4 Type IV (41-B1, 41-B2, and 41-B3) 451
- 19.2.5 Type V (41-C1) 453
- 19.2.6 Type VI 454
- 19.2.7 Relationship of the Comprehensive Classification to the Six Fracture Types 455
- 19.2.8 Absolute Indications for Surgery 455
- 19.2.8.1 Open Fractures 455
- 19.2.8.2 Acute Compartment Syndrome 455
- 19.2.8.3 Associated Vascular or Neurological Injury 455
- 19.3 **Methods of Assessment** 456
- 19.3.1 History 456
- 19.3.2 Physical Examination 457
- 19.3.3 Radiological Examination 457
- 19.4 **Surgical Treatment** 458
- 19.4.1 Planning the Surgical Procedure 458
- 19.4.2 Approaches 458
- 19.4.3 Positioning the Patient 461
- 19.4.4 Timing the Surgical Procedure 461
- 19.4.5 Methods of Open Reduction and Internal Fixation 462
- 19.4.6 Internal Fixation of Different Fracture Types 465
- 19.4.6.1 Type I 465
- 19.4.6.2 Type II 465
- 19.4.6.3 Type III 465
- 19.4.6.4 Type IV 465
- 19.4.6.5 Type V 466
- 19.4.6.6 Type VI 466
- 19.4.7 Ligament and Meniscal Repair 467
- 19.4.8 Postoperative Care 467
- 19.5 **Summary and Conclusions** 468
- References** 469
  
- 20 Fractures of the Tibia**
- M. TILE 471
- 20.1 **Introduction** 471
- 20.2 **Natural History** 471
- 20.2.1 Nonoperative School 472
- 20.2.2 Operative School 473
- 20.2.3 Plaster Disease 474
- 20.2.3.1 Compartment Syndromes 474
- 20.2.3.2 Reflex Sympathetic Dystrophy 475
- 20.2.3.3 Thromboembolic Disease 475
- 20.2.3.4 Severe Soft Tissue Injury 476
- 20.2.4 Factors Influencing the Natural History 476
- 20.2.4.1 Pathoanatomy of the Fracture 476
- 20.2.4.2 Soft Tissue Injury 478
- 20.2.4.3 Other Injuries to the Limb 478
- 20.2.4.4 Patient Factors 478
- 20.2.4.5 The Health Care Team 479
- 20.2.5 Summary 479
- 20.3 **Assessment** 479
- 20.3.1 Clinical Assessment 479
- 20.3.1.1 History 479
- 20.3.1.2 Physical Assessment 479
- 20.3.2 Radiological Assessment 481
- 20.4 **Management** 482
- 20.4.1 Decision-Making 482
- 20.4.2 Nonoperative Treatment 482
- 20.4.3 Indications for Surgery 483
- 20.4.3.1 Primary Indications 484

- 20.4.3.2 Delayed Primary Indications 492
- 20.4.3.3 Secondary Indications 492
- 20.4.4 Role of Amputation in Severe Tibial Fractures 492
- 20.4.5 Timing of Surgery 492
- 20.4.6 Surgical Methods 494
- 20.4.6.1 Approaches 494
- 20.4.6.2 Reduction Techniques 496
- 20.4.6.3 Fixation 496
- 20.4.6.4 Wound Closure 517
- 20.4.6.5 Postoperative Course 518
- 20.5 Conclusions 518
- References 520
  
- 21 Fractures of the Distal Tibial Metaphysis Involving the Ankle Joint: The Pilon Fracture**
- D. STEPHEN 523
- 21.1 Introduction 523
- 21.2 Overview 523
- 21.2.1 Nature of the Injury 523
- 21.2.1.1 Axial Compression 523
- 21.2.1.2 Shear (Tension) 524
- 21.2.1.3 Combined 525
- 21.2.2 State of the Bone 526
- 21.2.3 State of the Soft Tissues 526
- 21.2.4 Technical Difficulties 527
- 21.2.5 The Dilemma 526
- 21.2.6 Summary 528
- 21.3 Classification 529
- 21.3.1 Comprehensive Classification 529
- 21.3.2 Use of Classification in Decision-Making 529
- 21.3.2.1 Fibula 529
- 21.3.2.2 Articular Surface of the Tibia 529
- 21.3.2.3 Distal Tibial Metaphysis 529
- 21.3.3 Personality of the Fracture 531
- 21.4 Assessment 534
- 21.4.1 Clinical 534
- 21.4.2 Radiological 534
- 21.5 Indications for Surgery 534
- 21.5.1 Minimal Displacement 534
- 21.5.2 Significant Displacement 535
- 21.5.2.1 Operable 536
- 21.6 Surgical Technique 537
- 21.6.1 Timing 537
- 21.6.2 Approach 539
- 21.6.2.1 Soft Tissue 539
- 21.6.2.2 Skeletal Tissue 539
- 21.6.3 Technique of Internal Fixation 540
- 21.6.3.1 Without Fibular Fracture 540
- 21.6.3.2 With Fibular Fracture 540
- 21.6.4 Wound Closure 545
- 21.6.5 Postoperative Care 546
- 21.6.5.1 Early 546
- 21.6.5.2 Late 547
- 21.7 Common Pitfalls of Treatment 547
- 21.7.1 Poor Decision-Making 547
- 21.7.2 Operating Through Poor Skin 547
- 21.7.3 Technical Difficulties with the Fibula 547
- 21.7.4 Technical Difficulties with the Tibial Fracture 547
- 21.7.5 Poor Postoperative Care 547
- 21.8 Late Reconstruction: Malunion 548
- References 550
  
- 22 Fractures of the Ankle**
- M. TILE 551
- 22.1 Introduction 551
- 22.1.1 Basic Principles 551
- 22.1.2 Anatomical Considerations 551
- 22.1.2.1 Stability 551
- 22.1.2.2 Congruity 551
- 22.1.2.3 Physiology 552
- 22.1.2.4 Pathoanatomy 552
- 22.1.3 Natural History 554
- 22.1.4 Mechanism of Injury 557
- 22.1.4.1 Supination–Adduction 557
- 22.1.4.2 Eversion–Abduction 558
- 22.2 Classification 559
- 22.2.1 Introduction 559
- 22.2.2 Comprehensive Classification (Fig. 22.14) 561
- 22.2.2.1 Type A 562
- 22.2.2.2 Type B 562
- 22.2.2.3 Type C 563
- 22.2.2.4 Isolated Medial Malleolus Fracture 564
- 22.3 Assessment of Stability 564
- 22.3.1 Clinical Assessment 564
- 22.3.1.1 History 564
- 22.3.1.2 Physical Examination 565
- 22.3.2 Radiological Assessment 565
- 22.3.2.1 Lateral Complex: Fibula and Tibiofibular Syndesmosis 566
- 22.3.2.2 Talus 568
- 22.3.2.3 Posterior Tibial Process 568
- 22.3.2.4 Medial Complex 568
- 22.4 Management 569
- 22.4.1 Decision-Making 569
- 22.4.1.1 Type A 569
- 22.4.1.2 Types B and C 570
- 22.4.1.3 Isolated Medial Malleolar Fracture 571
- 22.4.2 Surgical Technique 571
- 22.4.2.1 Tourniquet 571
- 22.4.2.2 Timing 573
- 22.4.2.3 Incisions 573
- 22.4.2.4 Open Reduction and Internal Fixation 574
- 22.4.3 Wound Closure 584
- 22.4.4 Postoperative Program 584
- 22.4.4.1 Immediate Management 584
- 22.4.4.2 Early Motion 584
- 22.5 Special Problems in Ankle Fractures 584
- 22.5.1 Open Ankle Fractures 584
- 22.5.2 Ankle Fractures in the Elderly 585
- 22.5.3 Primary Ankle Arthrodesis 586
- 22.5.4 Fibular Lengthening for Malunion 586
- 22.5.5 Supramalleolar Osteotomy 587
- 22.5.6 Ankle Fractures in Adolescents 587
- References 589

**23 Fractures of the Talus**

- M. TILE 591
- 23.1 Introduction** 591
- 23.2 Anatomical Considerations** 591
- 23.2.1 Vascular Anatomy** 591
- 23.2.1.1 Extraosseous Arterial Supply** 592
- 23.2.1.2 Intraosseous** 593
- 23.2.1.3 Summary** 593
- 23.2.2 Mechanism of Injury** 595
- 23.2.2.1 Common Pattern** 595
- 23.2.2.2 Atypical Patterns** 596
- 23.2.2.3 Total Dislocation of the Talus** 596
- 23.3 Classification and Natural History** 597
- 23.3.1 Fractures of the Body of the Talus** 597
- 23.3.2 Fractures of the Talar Neck** 597
- 23.3.2.1 Type A: Undisplaced Fractures of the Talar Neck** 597
- 23.3.2.2 Type B: Displaced Fractures of the Talar Neck with Subluxation of Subtalar Joint** 597
- 23.3.2.3 Type C: Displaced Fractures of the Talar Neck with Posterior Dislocation of the Body** 599
- 23.3.3 Subtalar Dislocation** 599
- 23.3.4 Total Dislocation of the Talus** 601
- 23.4 Management** 604
- 23.4.1 Assessment** 604
- 23.4.1.1 Clinical Assessment** 604
- 23.4.1.2 Radiological Assessment** 604
- 23.4.2 Decision-Making** 605
- 23.4.2.1 Fractures of the Body** 605
- 23.4.2.2 Fractures of the Talar Neck** 606
- 23.4.3 Surgical Technique** 608
- 23.4.3.1 Timing** 608
- 23.4.3.2 Antibiotics** 608
- 23.4.3.3 Tourniquet** 609
- 23.4.3.4 Skin Approaches** 609
- 23.4.3.5 Stable Internal Fixation** 611
- 23.4.3.6 Postoperative Care** 611
- 23.4.4 Special Problems** 616
- 23.4.4.1 Open Fractures and Fracture-Dislocations** 616
- 23.4.4.2 Comminuted Fractures of the Talar Body** 617
- References** 617

**24 Fractures of the Calcaneus**

- M. TILE 619
- 24.1 Introduction** 619
- 24.2 Anatomy** 620

- 24.3 Pathoanatomy**  
(Mechanism of Injury; Fig. 24.3) 621
- 24.4 Classification** 621
- 24.5 Assessment** 623
- 24.5.1 Clinical Assessment** 623
- 24.5.2 Radiographic Assessment** 624
- 24.6 Decision-Making** 626
- 24.6.1 Fracture Factors** 626
- 24.6.2 Patient Factors** 626
- 24.7 Treatment** 626
- 24.7.1 Nonoperative Treatment** 626
- 24.7.2 Operative Treatment** 627
- 24.7.2.1 General Aspects** 627
- 24.7.2.2 Specific Aspects** 627
- 24.8 Postoperative Care** 631
- 24.9 Prognosis and Results** 632
- 24.10 Conclusions** 633
- References** 633

**25 Injuries of the Midfoot and Forefoot**

- D. J. G. STEPHEN 635
- 25.1 Fractures of the Navicular** 635
- 25.1.1 Anatomy** 635
- 25.1.2 Treatment** 635
- 25.2 Fractures of the Cuboid** 638
- 25.3 Fractures of the Metatarsals** 638
- 25.3.1 Anatomy** 638
- 25.3.2 Treatment** 638
- 25.3.3 Fractures of the Proximal Fifth Metatarsal** 640
- 25.3.3.1 Anatomy** 640
- 25.3.3.2 Clinical and Radiological Diagnosis** 643
- 25.3.3.3 Treatment** 644
- 25.4 Fractures of the Phalanges** 645
- 25.5 Tarsometatarsal (Lisfranc) Fracture-Dislocations** 646
- 25.5.1 Anatomy** 646
- 25.5.2 Mechanism and Classification** 647
- 25.5.3 Clinical and Radiological Diagnosis** 647
- 25.5.4 Treatment** 648
- 25.6 Dislocations of the Metatarsophalangeal Joints** 651
- 25.7 Compartment Syndromes of the Foot** 653
- References** 654

**Subject Index** 657