“One plate to rule them all?”

The patient determines the osteosynthesis, not the surgeon

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Case report

- 79yo lady
- Low energy trauma

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Case report

- 79yo lady
- Low energy trauma
- 2-part distal radius fracture of the left wrist
- dorsal inclination, radial tilt and shortening

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Treatment

- 6+2 holes variable angle LC-DCP volar plate + screw osteosynthesis
- Anatomical reduction

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Treatment

- 6+2 holes variable angle LC-DCP volar plate + screw osteosynthesis
- Anatomical reduction
- 2 weeks below elbow cast
- 4 weeks wrist brace

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Follow up

- Pain in cast
- Complaints of carpal tunnel syndrome

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Follow up

- Pain in cast
- Complaints of carpal tunnel syndrome
- Loss of reduction
- Failure of osteosynthesis

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Failure mechanism

- Osteoporosis
- Dorsal comminution
- <5 proximal cortices

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Failure mechanism

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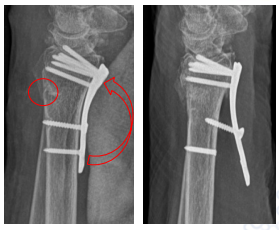
- <5 proximal cortices



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Failure mechanism

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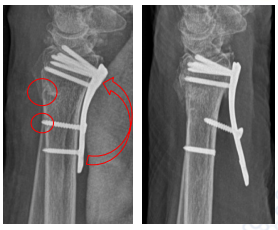

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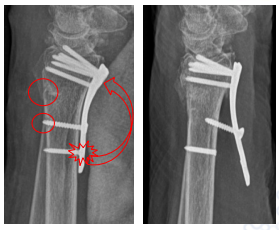

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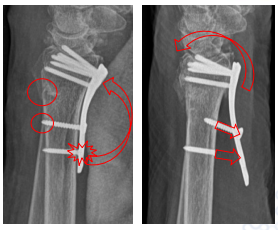

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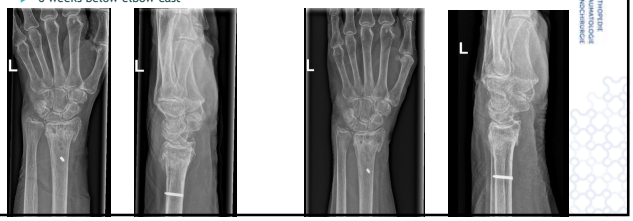
Management

- Hardware removal after 7 weeks
- 6 weeks below elbow cast



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Take home messages

- 5 or more cortices in (distal) radius fractures
- Not every (distal) hole needs to be filled
- Knowledge of typical screw length can be useful

- The patient (and his fracture) determine the osteosynthesis, not the surgeon

Thank you for your attention

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