

Distal Radius Fracture Tips & Tricks

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Hand & Upper Extremity Surgeon
The Center
Bend, OR

I Have Nothing to Disclose



1

Volar Plates are Great



2

2% Hardware Removal

CPT 20680



3

Sometimes Other Systems are Needed



- Fragment Specific Fixation
- External Fixator
- Spanning Plate
- Not my images



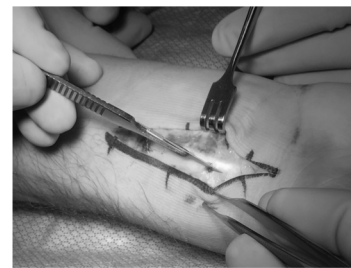
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Straight Longitudinal Incision



5

Open the FCR Tendon Sheath



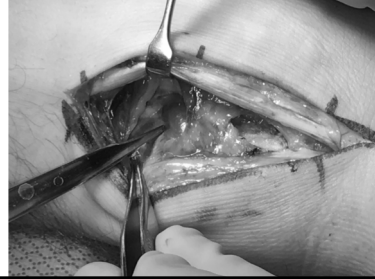
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Retract the FCR Ulnarly and Release the Subsheath. Protect the PCBMN



7

Find Parona's Space



8

Slide Finger in Parona's Space and Sweep



9

Release the Pronator Quadratus



10

Sweep PQ with Large Elevator

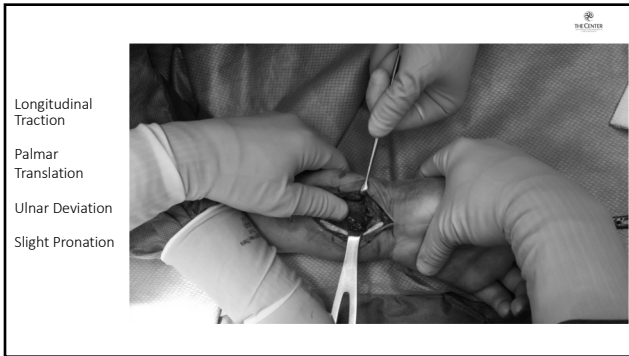


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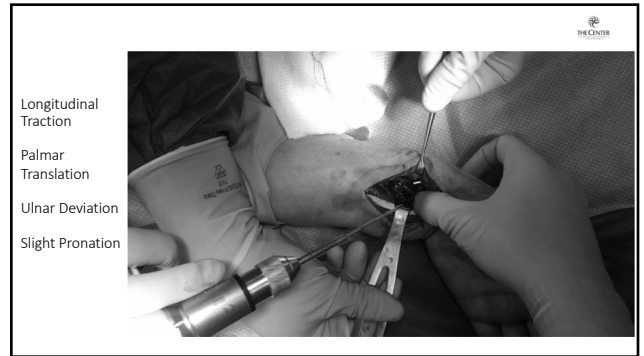
Release the Brachioradialis



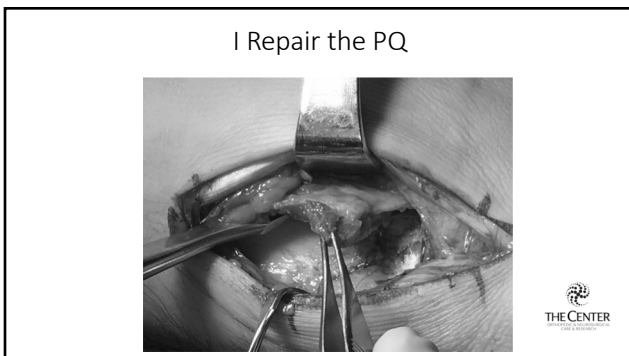
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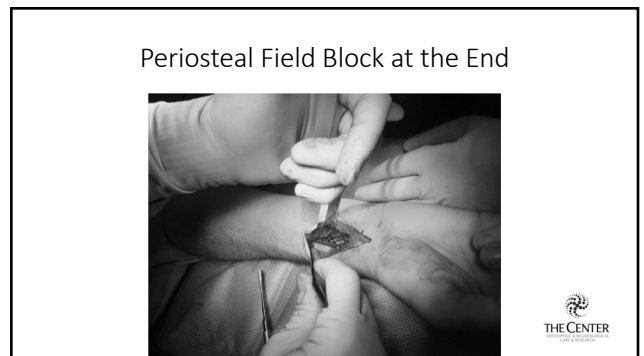
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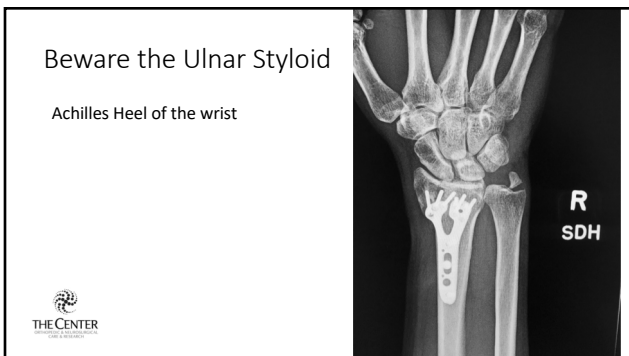
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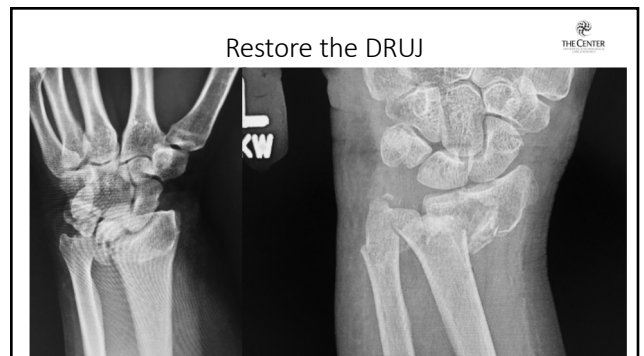
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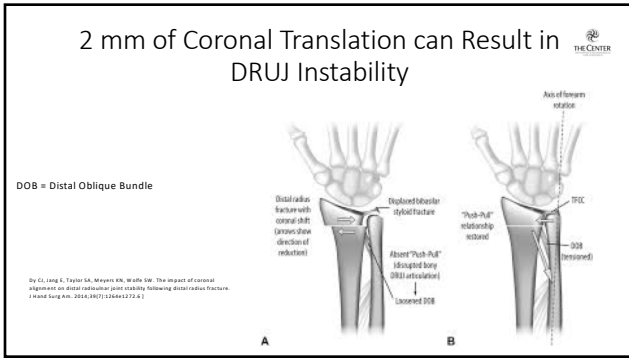
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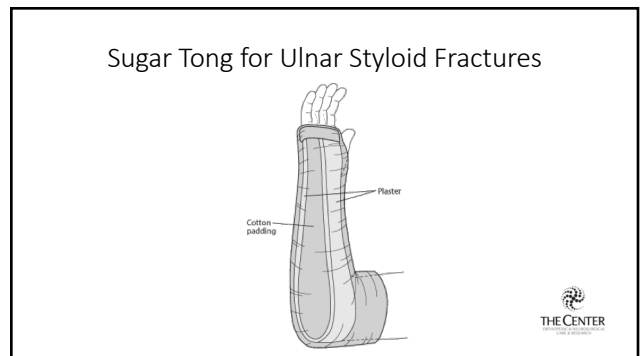
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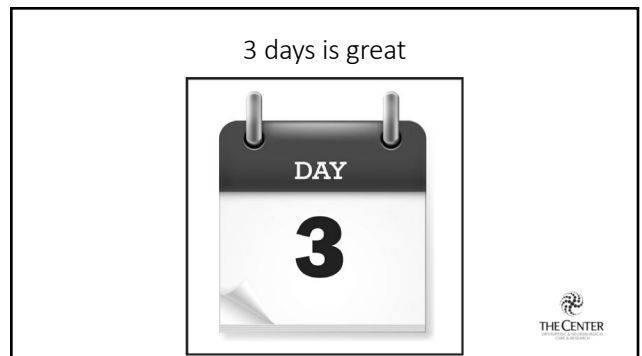
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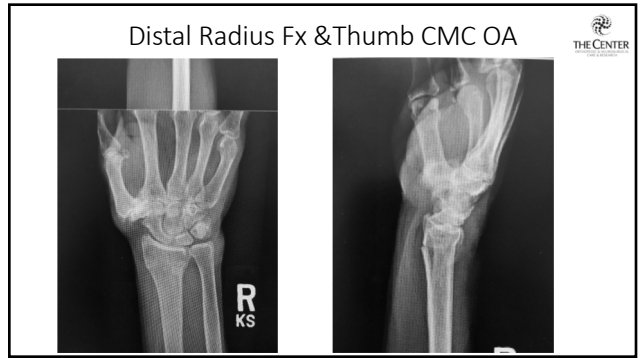
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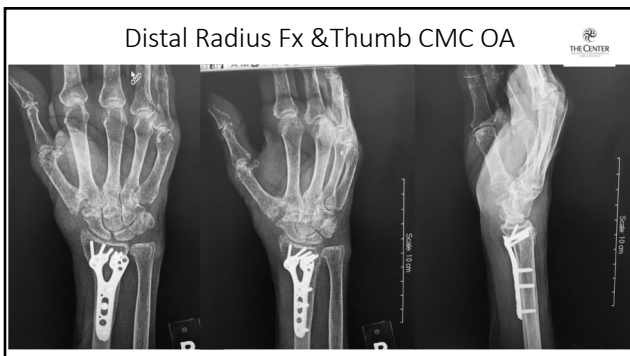
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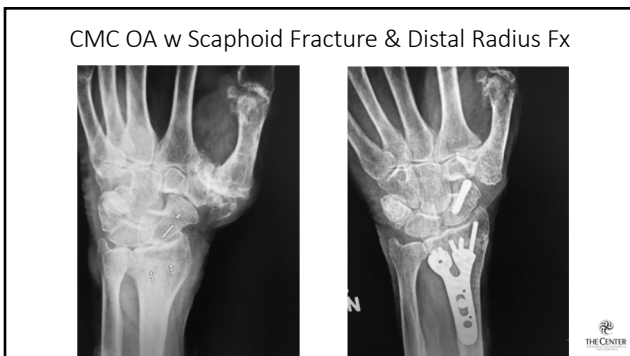
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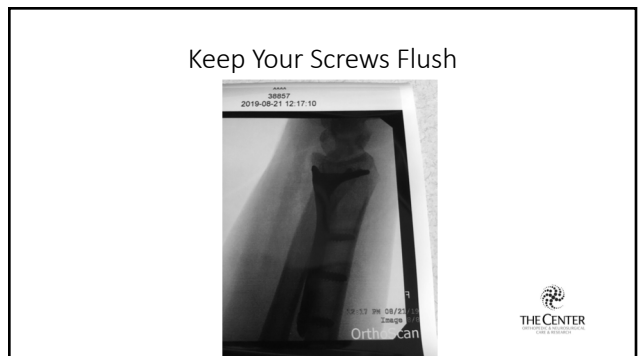
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I Like Big Screws



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I Like 4 Hole Plates



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I Like Big Spreads



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I Like Fast Guides



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I Almost Never Bone Graft ~ 1%



35

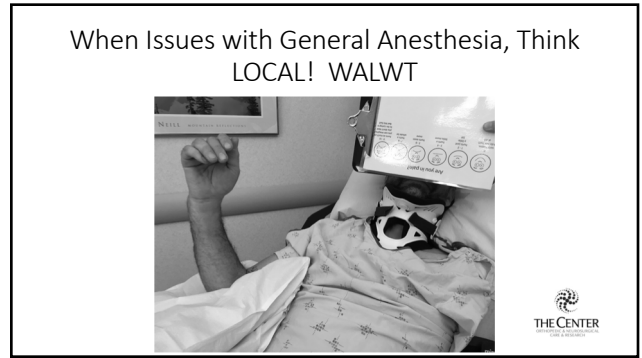
Try to Avoid Penetrating the Opposite Cortex
When Placing Pegs



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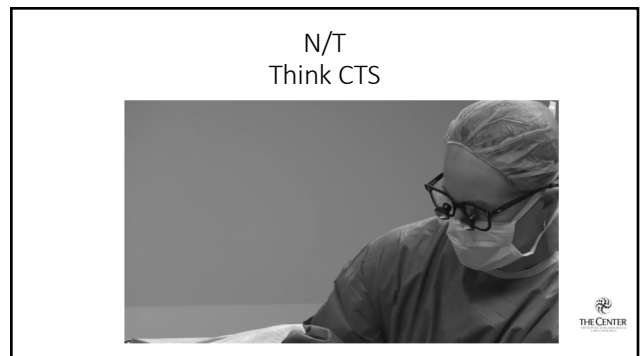
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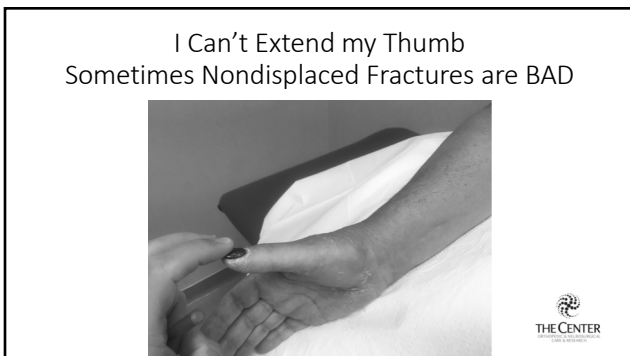
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Early ROM
"Best Therapist is the Person You Look at in the Mirror Every Morning"

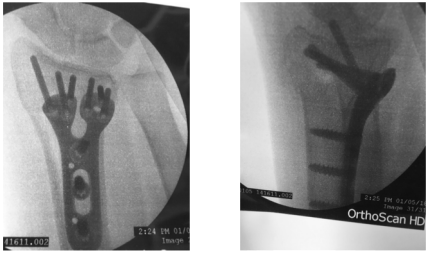


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Distal Radius Fracture

Anatomic Fixation with early AROM



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OrthoScan HD

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