

# EARLY AND DEFINITIVE TREATMENT OF PILON FRACTURE

AO TRAUMA COURSE – ADVANCED PRINCIPLES OF FRACTURE  
MANAGEMENT

25-28/4-2022

JEPPE BARCKMAN



# OUTCOME

KENDSKAB TIL PILONFRAKTURER

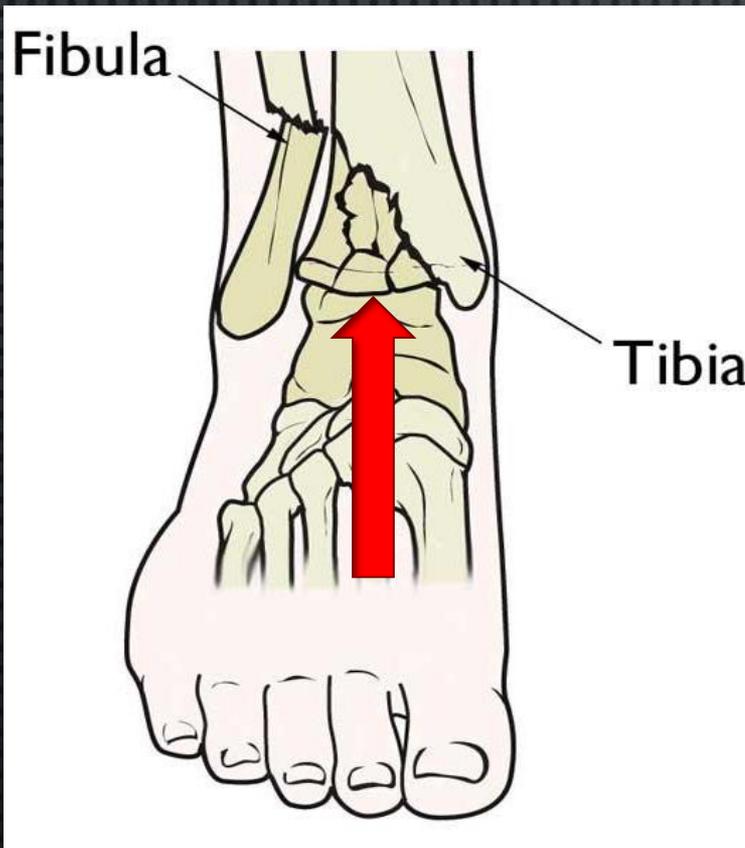
BEHANDLINGSSTRATEGI

OSTEOSYNTSE PRINCIPPER

# DEFINITION

PILON (FRANSK) – STØDER

1911



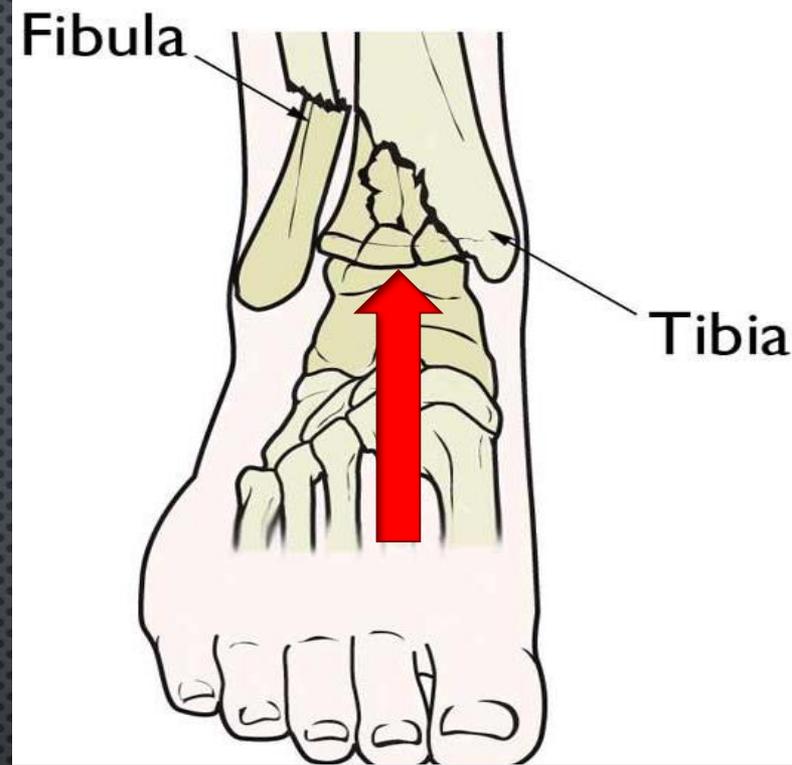
# DEFINITION

PILON (FRANSK) – STØDER

1911

TRAUMEMEKANISMEN:

- AKSIAL SAMMENSTØD MELLEM TALUS OG TIBIA
- HØJENERGI
  - TRAFIKULYKKER, FALD FRA STOR HØJDE



# PILON



*THE PILON FRACTURE IS A SOFT TISSUE INJURY WITH A BROKEN BONE INSIDE...*



# BEHANDLINGSSTRATEGI

- SPAN-SCAN-PLAN



# SPAN



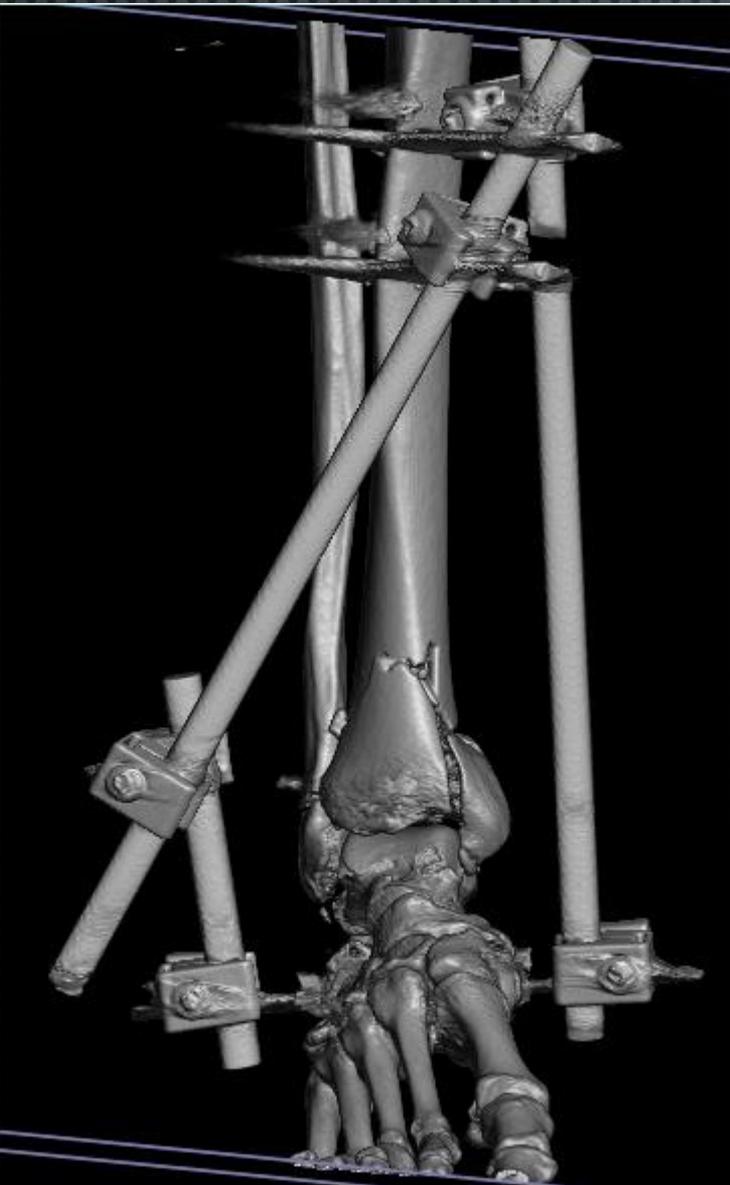
EKSTERNAL FIKSATION FRA MIDT/PROX TIBIA TIL CALCANEUS

PINDENE SKAL HOLDES UDEN FOR "ZONE OF INJURY" OG VÆK FRA EVT. INCISIONER

# SPAN



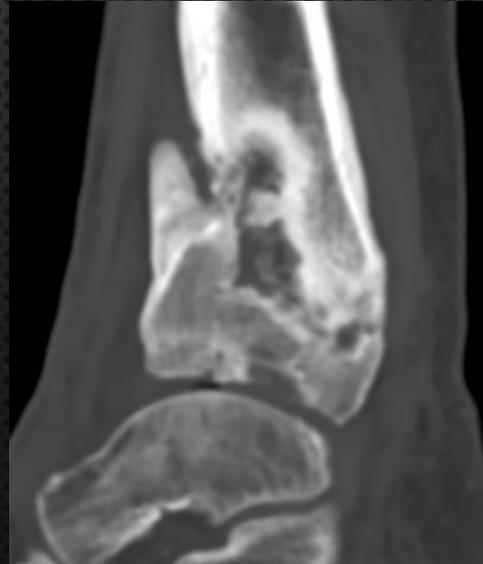
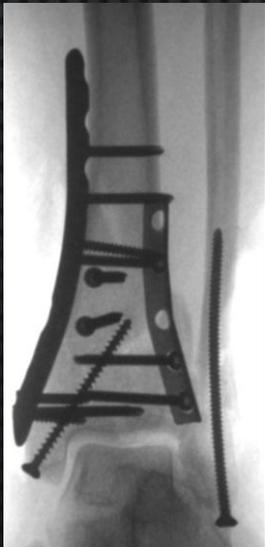
# SCAN (MED TEMPORÆR EKSTERN FIKSATION)



# PLAN

- VIGTIGT

- KEND OG RESPEKTERE DINE BEGRÆNSNINGER
- DAGTIDS KIRURGI
- KIRURGIEN SKAL UDFØRES AF TRAUMATOLOG.



# PLAN

## ANALYSERE FRAKTUREN

- FORSTÅ ELEMENTERNE
- FORSTÅ RÆKKEFØLGE

## VURDERE BLØDDELE

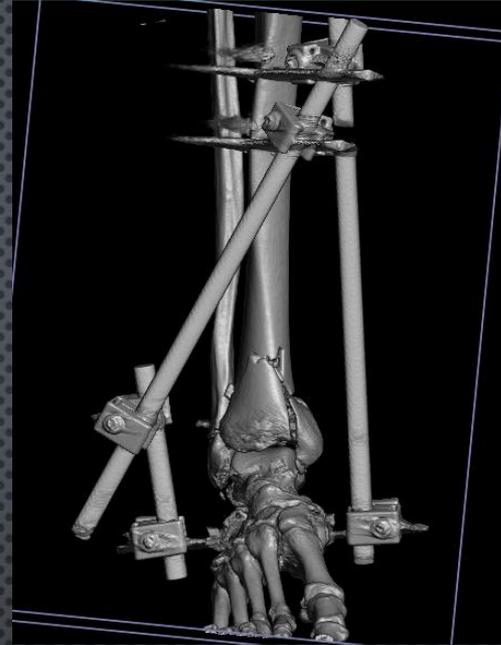
- ER DE KLAR TIL KIRURGI
- PÅVIRKER DET MULIGE ADGANGE
- PÅVIRKER DET VALG AF METODE

## PATIENTENS PROFIL

- CO-MORBIDITET

## KIRURGISK EKSPERTISE

- KEND ALLE ADGANGE



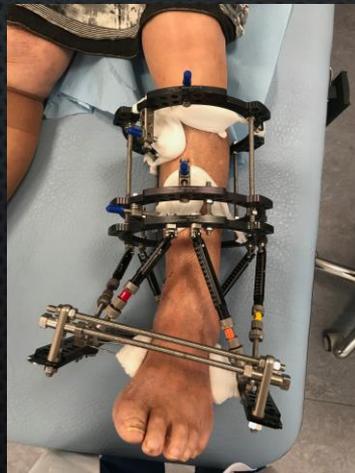
# BEHANDLINGS MÅL

## ARTIKULÆR FRAKTUR

- ANATOMISK REPONERING
- ABSOLUT STABILITET
- HURTIG MOBILISERING

## METAFYSÆR FRAKTUR

- AKSE, LÆNGDE OG ROTATION
- RELATIV STABILITET



# DEFINITIV BEHANDLING

ADGANGE

REPOSITION

FIKSATION

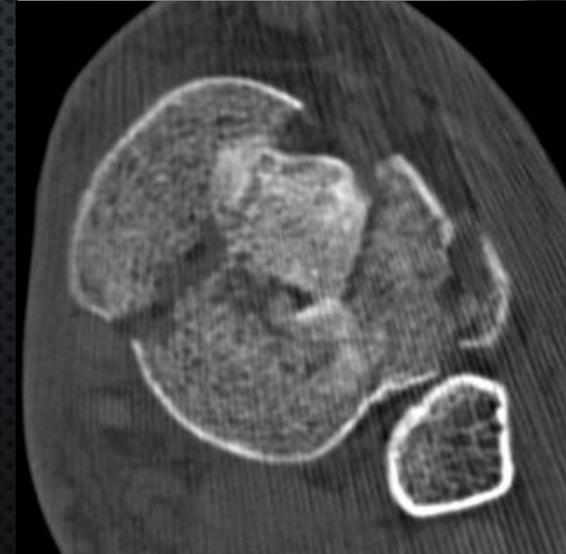
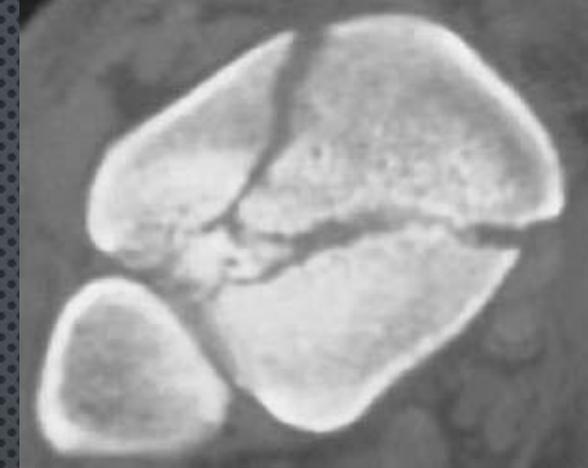


FRAKTURMØNSTER

BLØDDELE

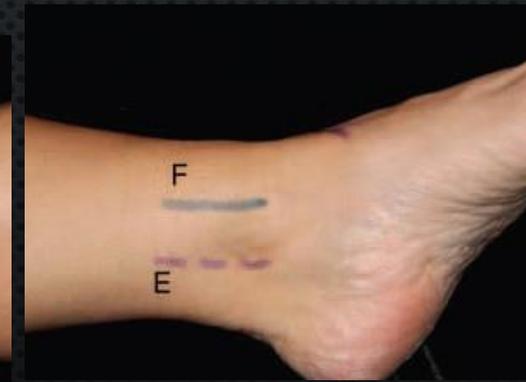
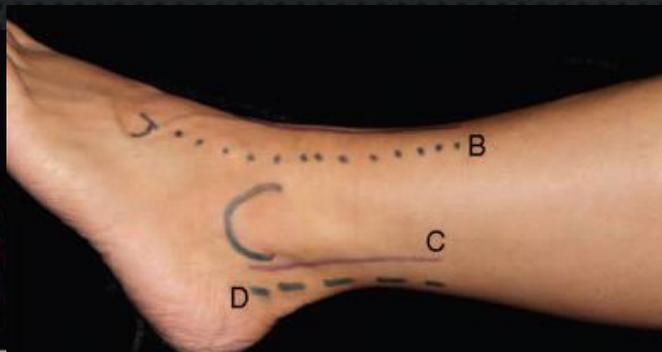
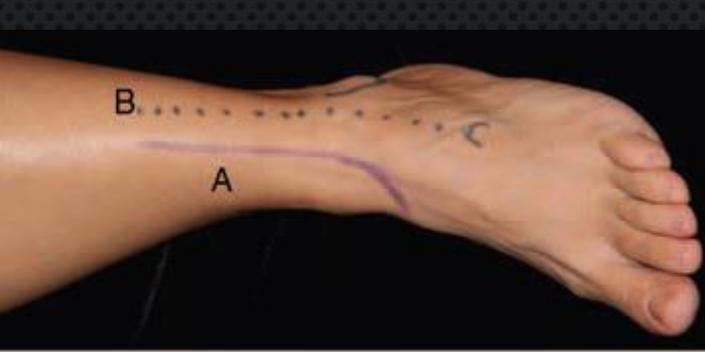
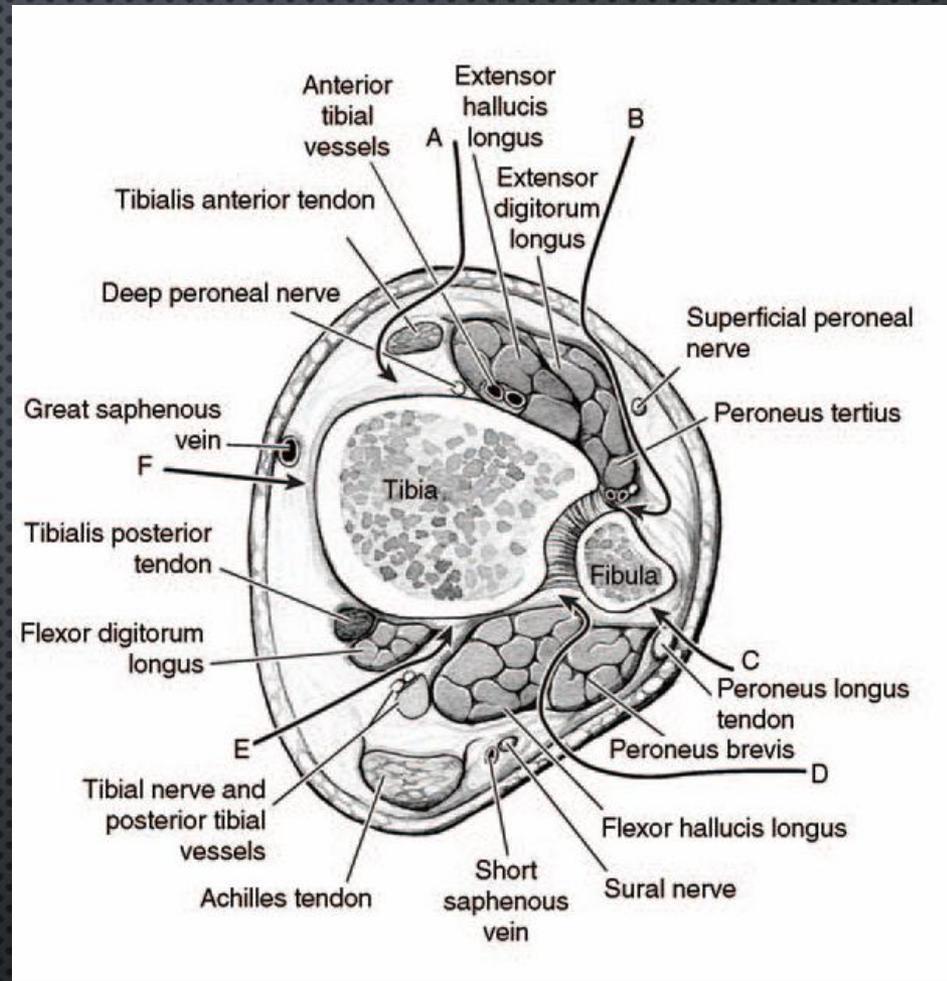
# FRAKTUR ANALYSE

- **CORONAL SPLIT**
- **SAGITAL SPLIT**
- **6 MAJOR LEDBÆRENDE FRAGMENTER PÅ CT**
  - **ANTERIOR, POSTERIOR, MEDIAL, ANTEROLATERAL, POSTEROLATERAL AND DIE-PUNCH**



# ADGANGE

- MEDIAL (F)
- ANTEROMEDIAL (A)
- POSTEROMEDIAL (E)
- LATERAL (C)
- ANTEROLATERAL (B)
- POSTEROLATERAL (D)



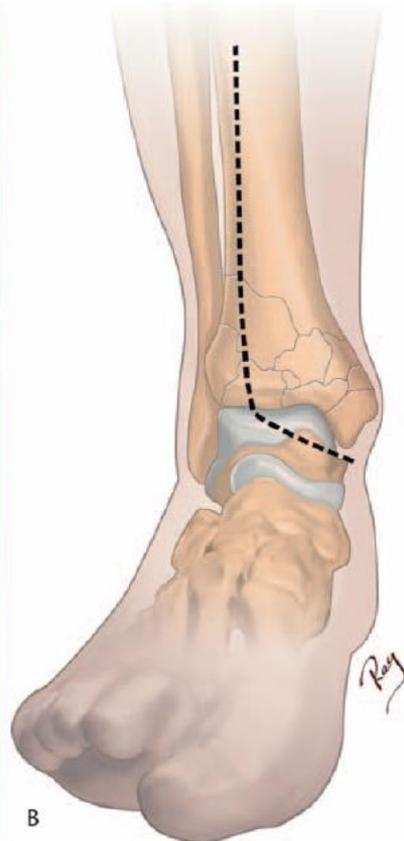


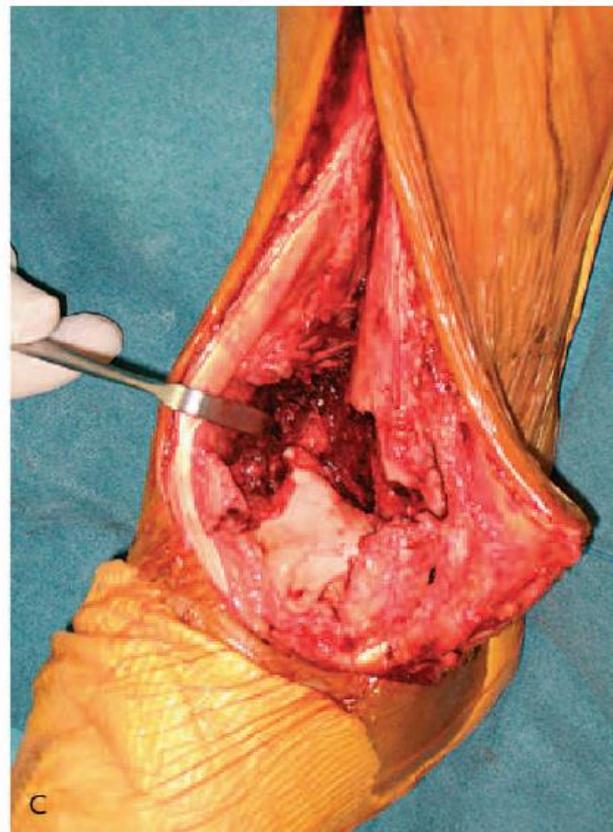
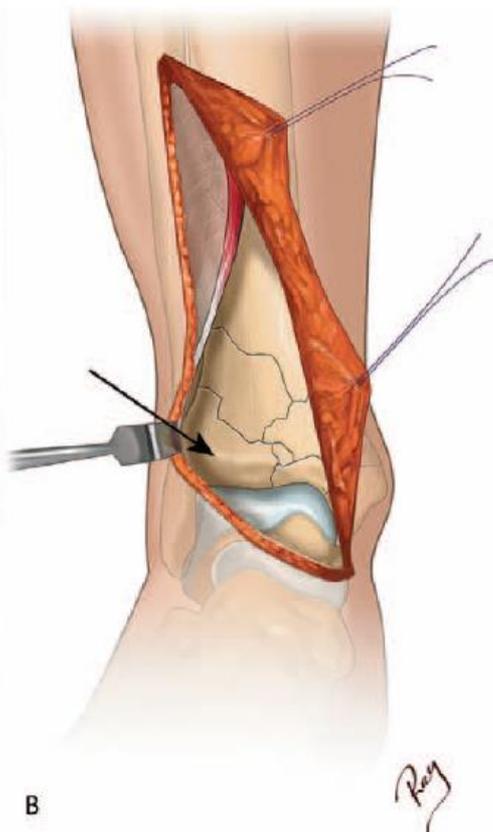
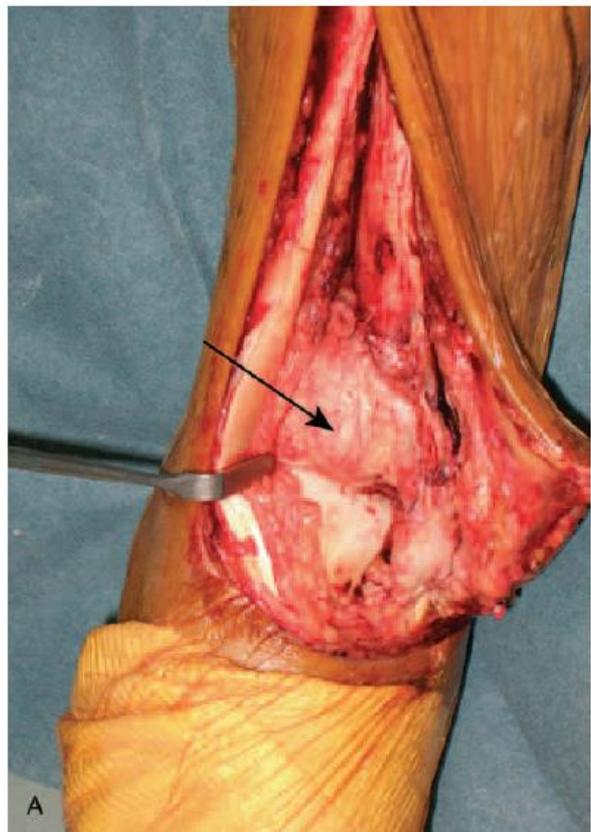
ADGANG

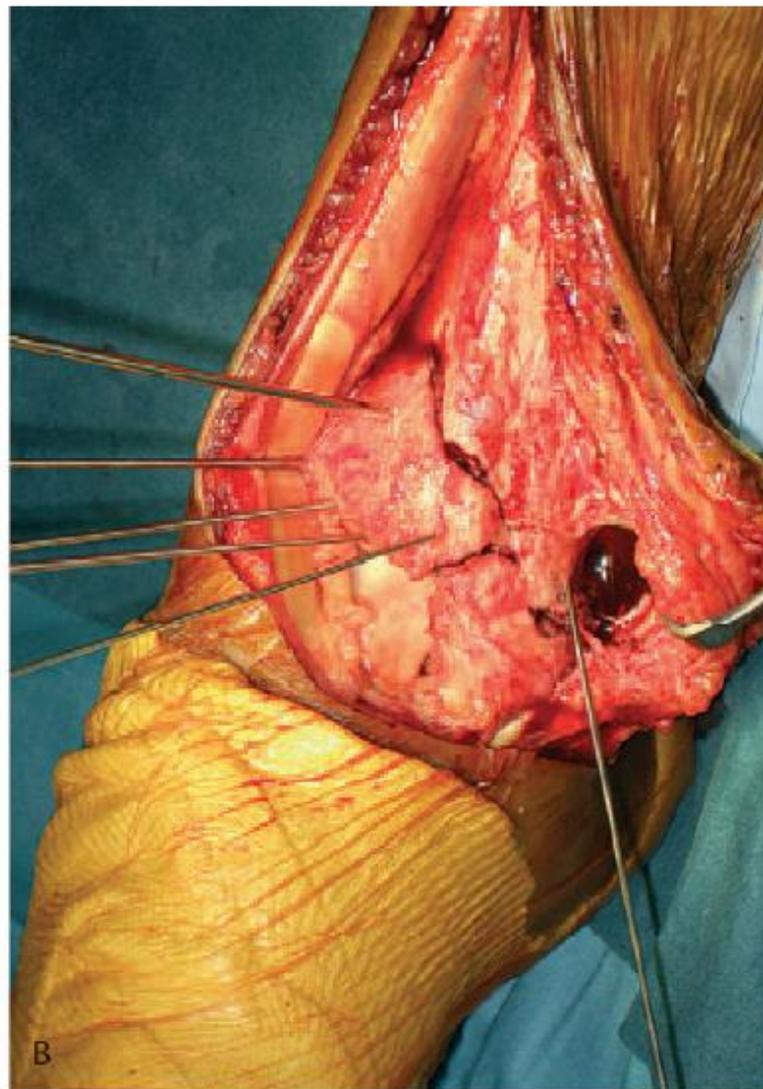
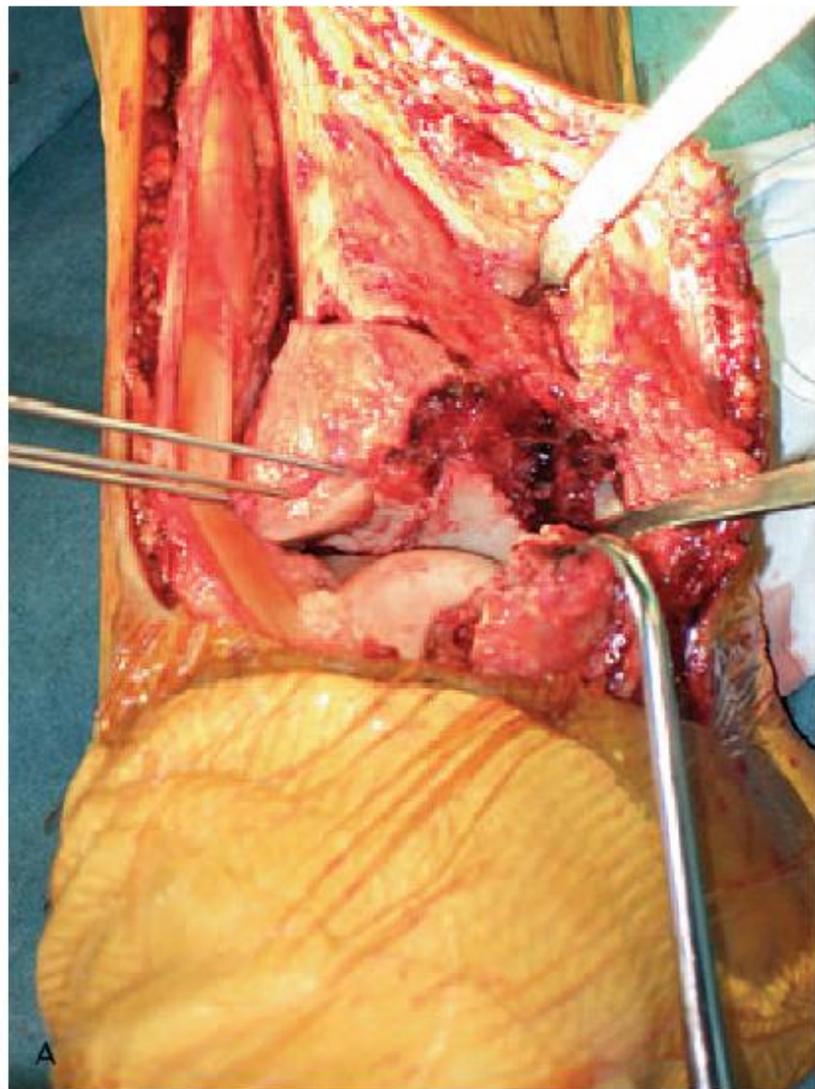


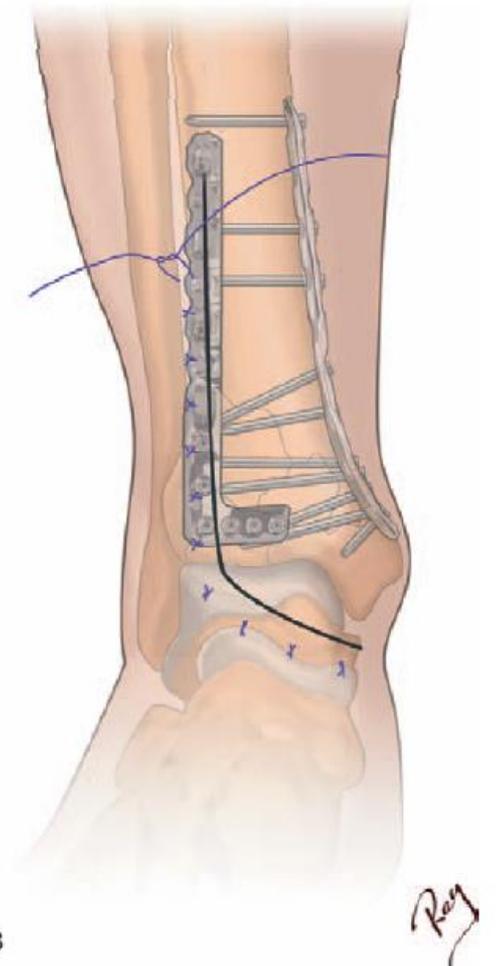
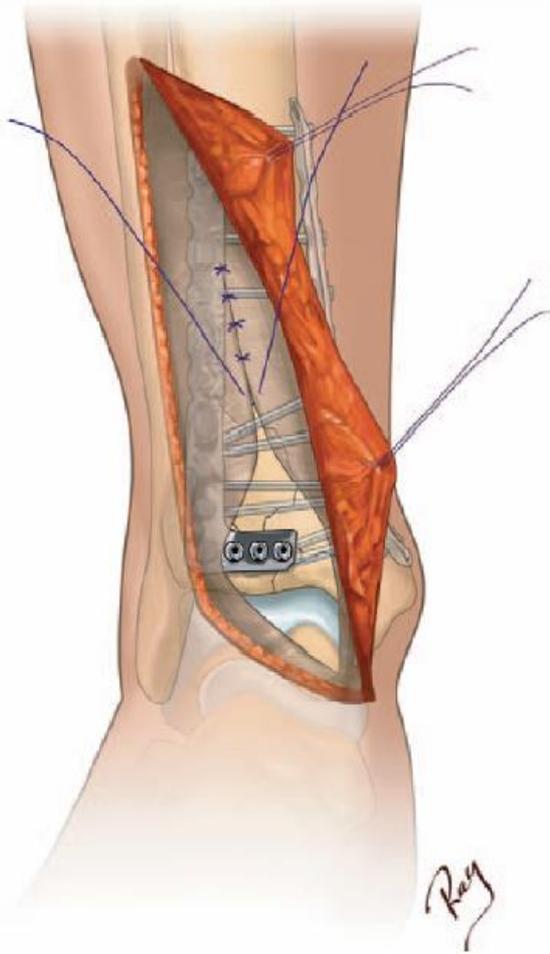
# The Extensile Approach for the Operative Treatment of High-Energy Pilon Fractures: Surgical Technique and Soft-Tissue Healing

Mauro Assal, MD, Adrien Ray, MD, and Richard Stern, MD



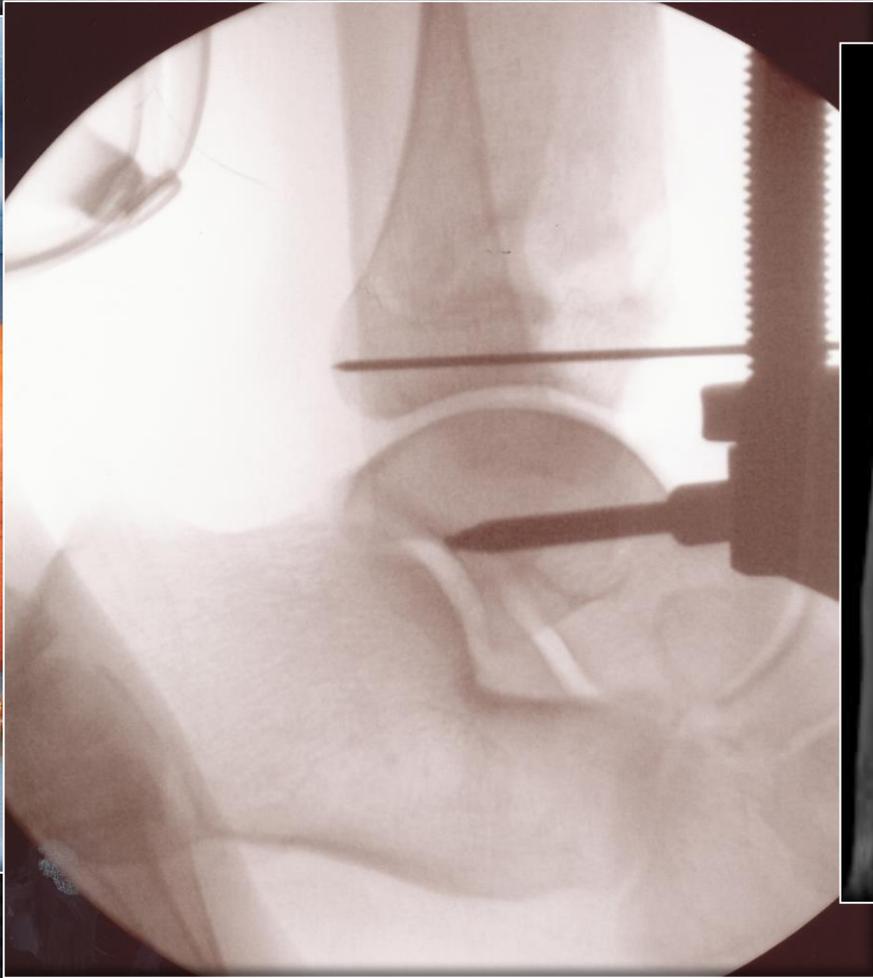






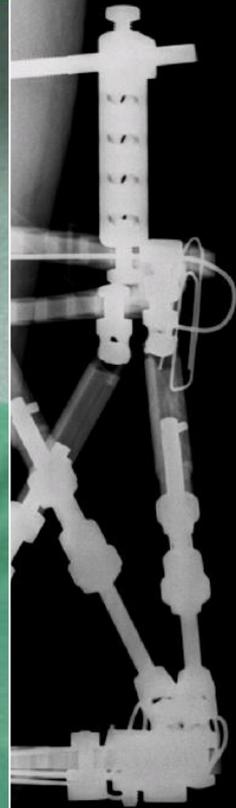
B

# REPONERING



# FIKASTION

*BLØDDELENE AFGØR!*



# TAKE HOME MESSAGE

***BLØDDELE!!!!!!***

## SPAN-SCAN-PLAN

### VIGTIGT

KEND OG RESPEKTERE DINE BEGRÆNSNINGER

DAGTIDS KIRURGI

KIRURGIEN SKAL UDFØRES AF TRAUMATOLOG.