

# Panel Discussion 2

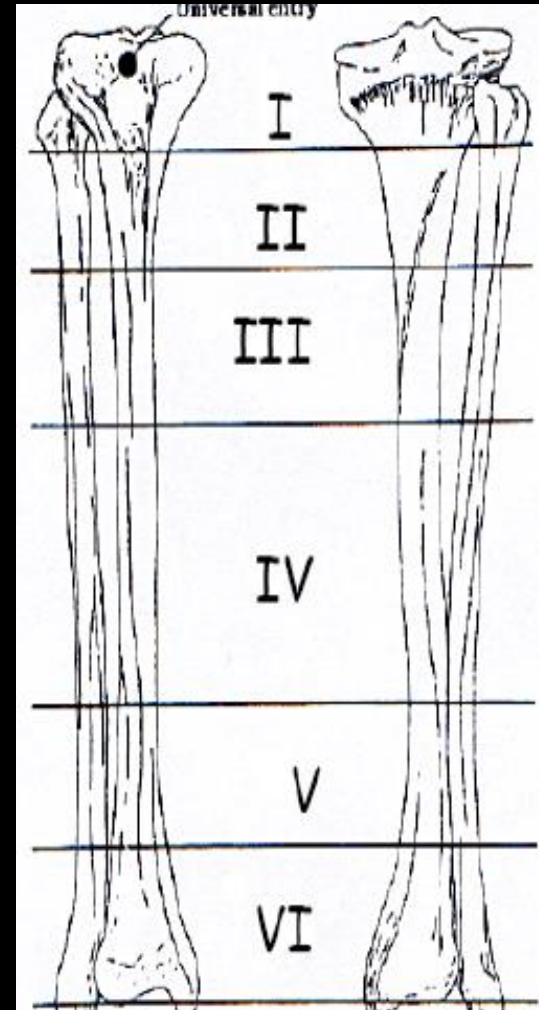
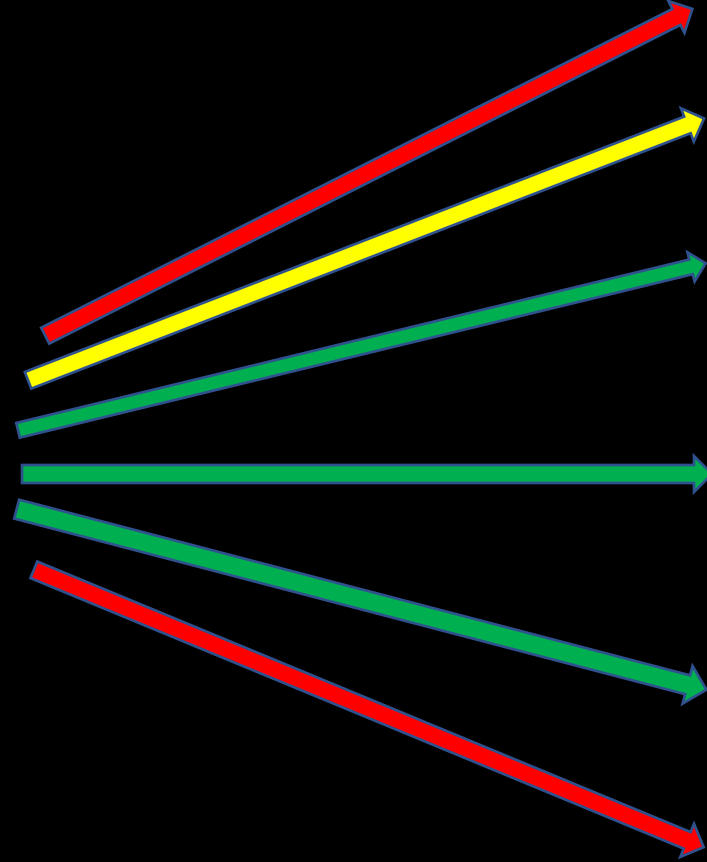
Proximal Tibial Nailing (5+10+5 mins.)

M Brix

AO Trauma Course – Advanced Principles of Fracture Management

May 7–9, 2025 Fredericia, Denmark

# AO Basic - Nailing



# Case

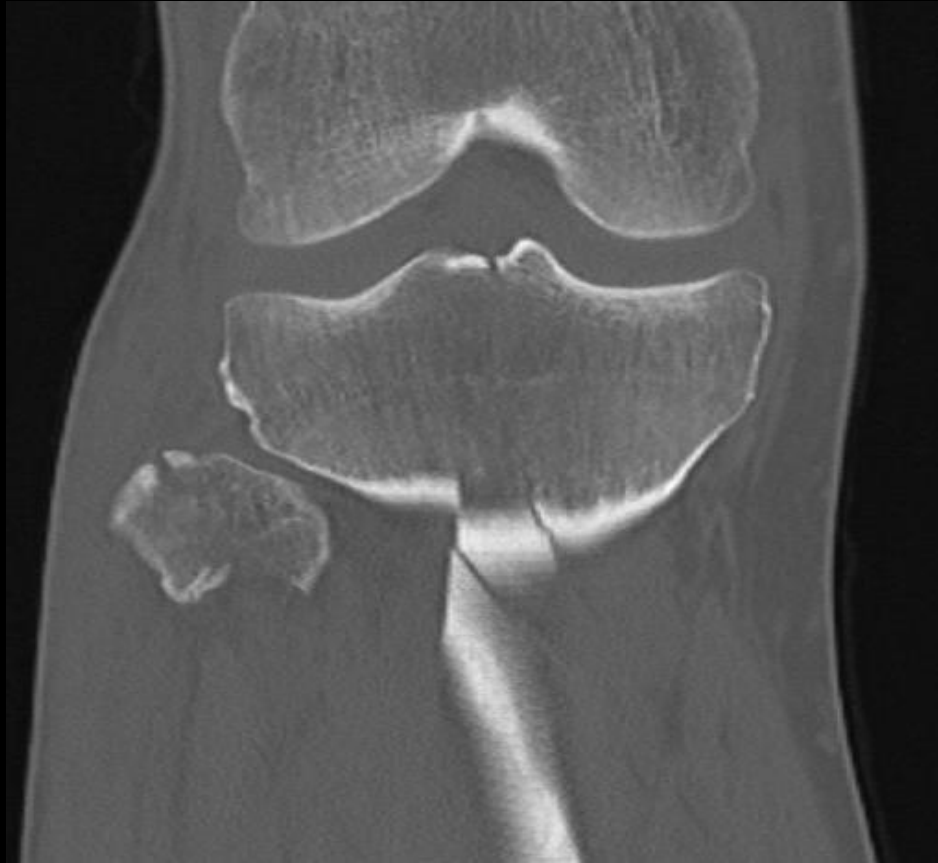
- 50 y/o male, in treatment with Methadone, otherwise healthy (no alcohol, no home help)
- Falls down the stairs
- Deformity of knee, closed injury
- NV intact
- PLAN?



# CT-scan (+ 3D)



# Challenges?



# Challenges/Pitfalls

- Intraarticular component?
- How to keep the fracture reduced?
- Infra- vs. Suprapatellar Nailing?
- PLAN? discussion





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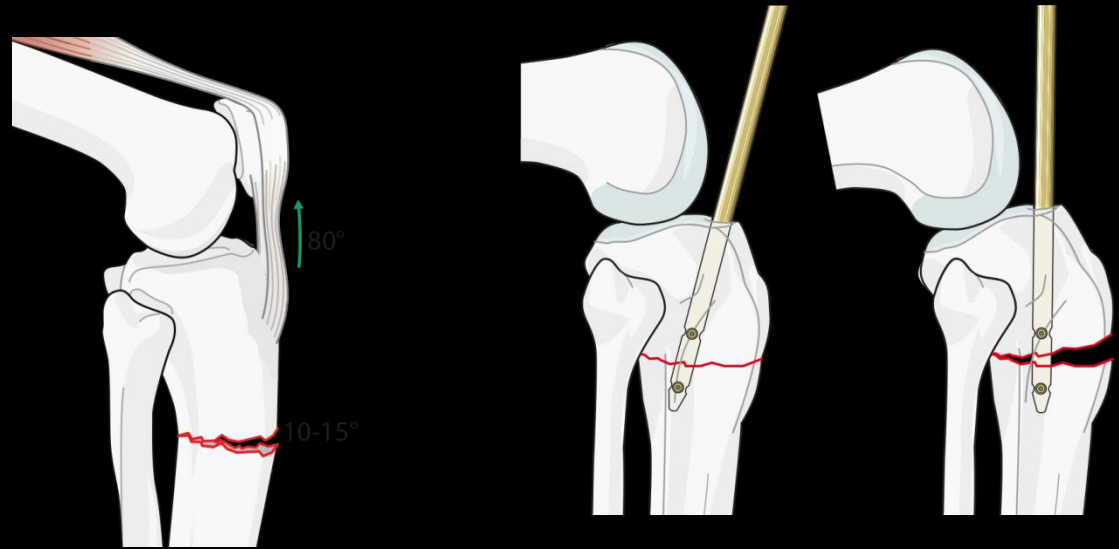


Outcomes following combined intramedullary nail and plate fixation for complex tibia fractures: A multi-centre study

Richard S. Yoon<sup>a</sup>, Jesse Bible<sup>b</sup>, Matthew S. Marcus<sup>c</sup>, Derek J. Donegan<sup>d</sup>, Karl A. Bergmann<sup>e</sup>, Justin C. Siebler<sup>e</sup>, Hassan R. Mir<sup>b</sup>, Frank A. Liporace<sup>a,\*</sup>

# Proximal Tibial Fracture - Challenges

- Intraarticular component?
- Infra- vs. Suprapatellar Approach?





IMN is the golden standard in diaphyseal tibia fractures

”If you can’t nail a fracture, then make it  
nailable!”

# Take Home

- Proximal Tibial Fractures are challenging
- If you can't nail a fracture, then make it nailable (if it makes sense)
- IMN have biomechanical advantages over plates
- Be prepared – perform pre-op CT of all proximal tibia fractures
- Know your adjuncts in the toolbox
  - External fixator, Pointed Bone Forceps, K-wires/Screws (blocking), Mini-Frag Plates