

Metatarsal Fractures: Does Your Fixation Match the Fracture?



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Disclosures

- ▶ Consultant/Speaker DePuy Synthes
- ▶ Consultant/Speaker/Royalty Agreement Osteomed

Objectives

- ▶ To be able to treat metatarsal fractures through a variety of surgical techniques.
- ▶ Provide tips and pearls for treating metatarsal fractures.
- ▶ Be able to apply proper fixation for the metatarsal fracture presented to you.

Indications for surgical treatment:

- ▶ > 2mm displacement
- ▶ Angulational deformity
- ▶ Severe comminution / bone loss
- ▶ Open Fractures
- ▶ Dislocation



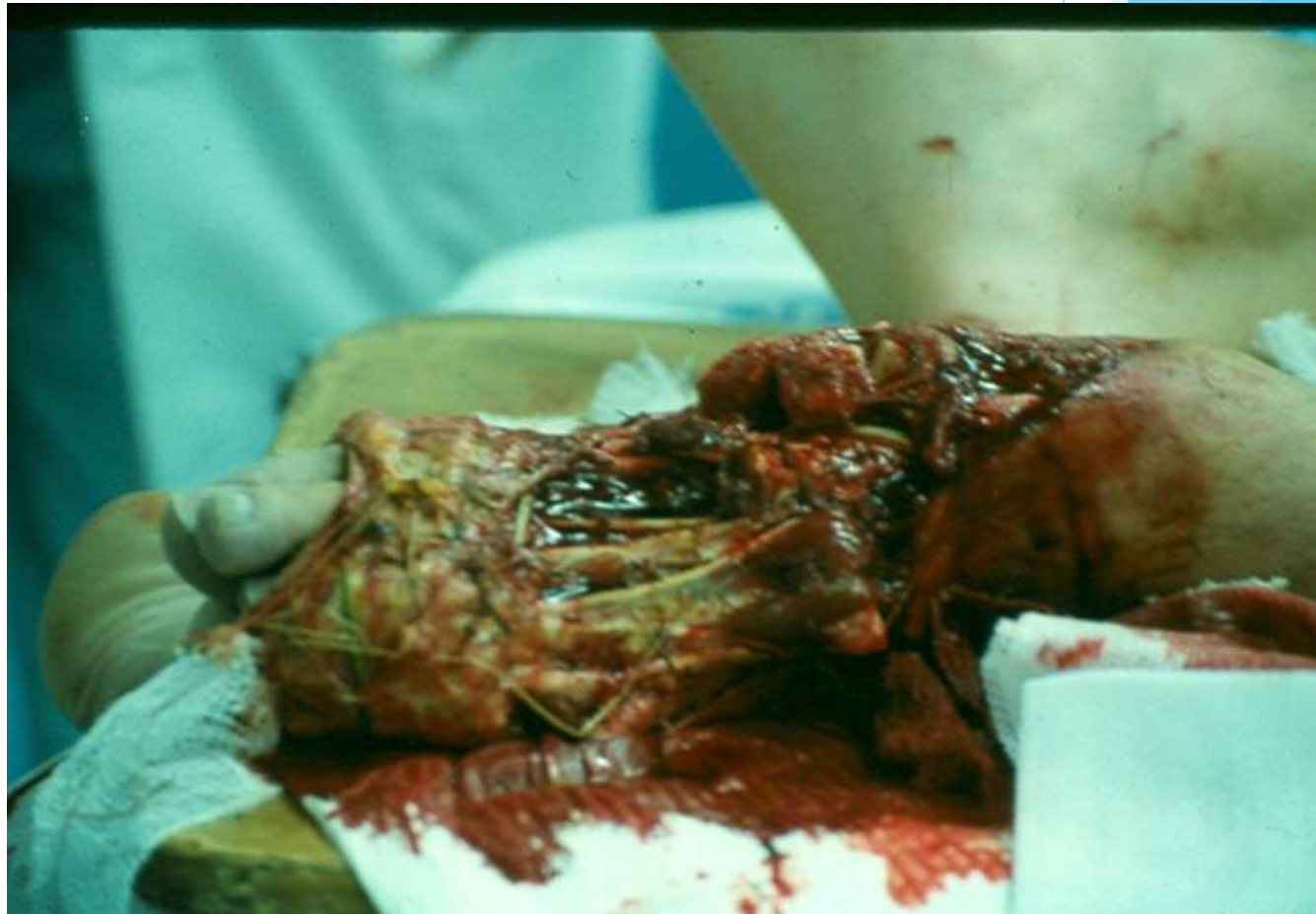
Goals:

- ▶ Anatomic alignment
- ▶ Stable fixation
- ▶ Full, Active, Pain free mobilization



Special Considerations

- ▶ Soft tissue envelope
- ▶ Soft tissue attachments
- ▶ Tension surface plantar and compression surface dorsal
- ▶ Dorsal approach
- ▶ Weight bearing
- ▶ Location



Fixation

- ▶ Pins/Wires
- ▶ Cerclage
- ▶ Screws
- ▶ Plates
- ▶ Ex-fix







7 weeks post-op

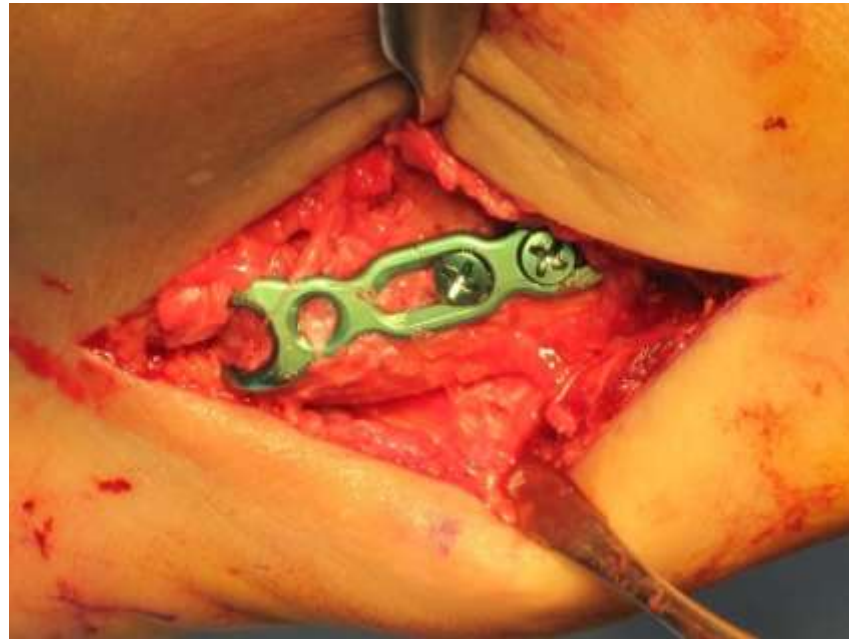
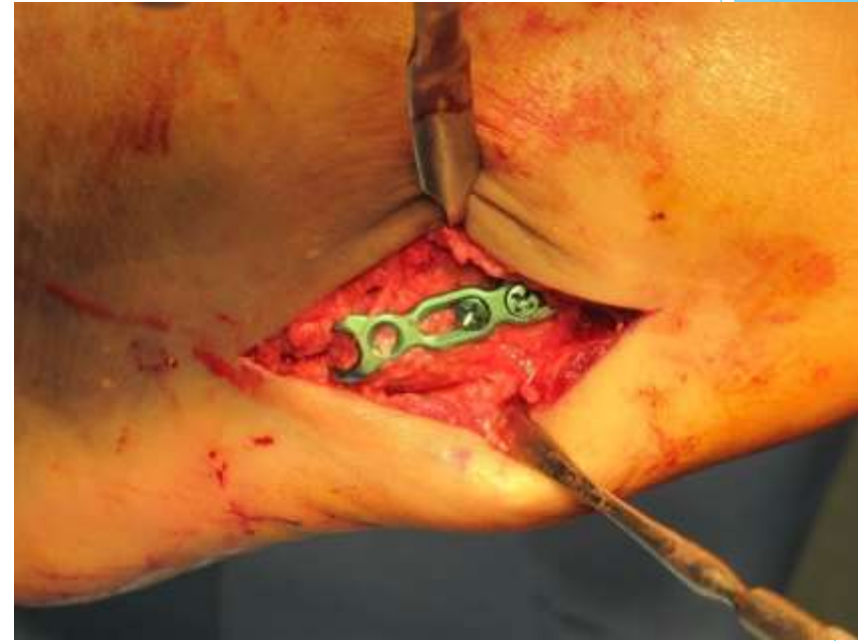
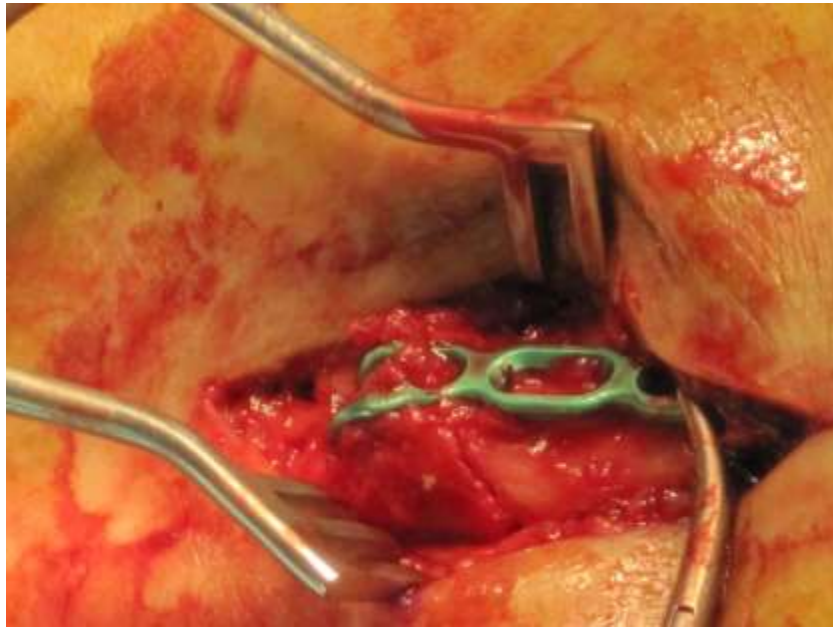


5th Metatarsal Base Fractures



ST s/p fall from ladder





ST post-op



LR



LR Post-op



LR 6 weeks post-op



TC



TC Post-op



TC 7 weeks post-op



DI Left foot



DI Left post-op

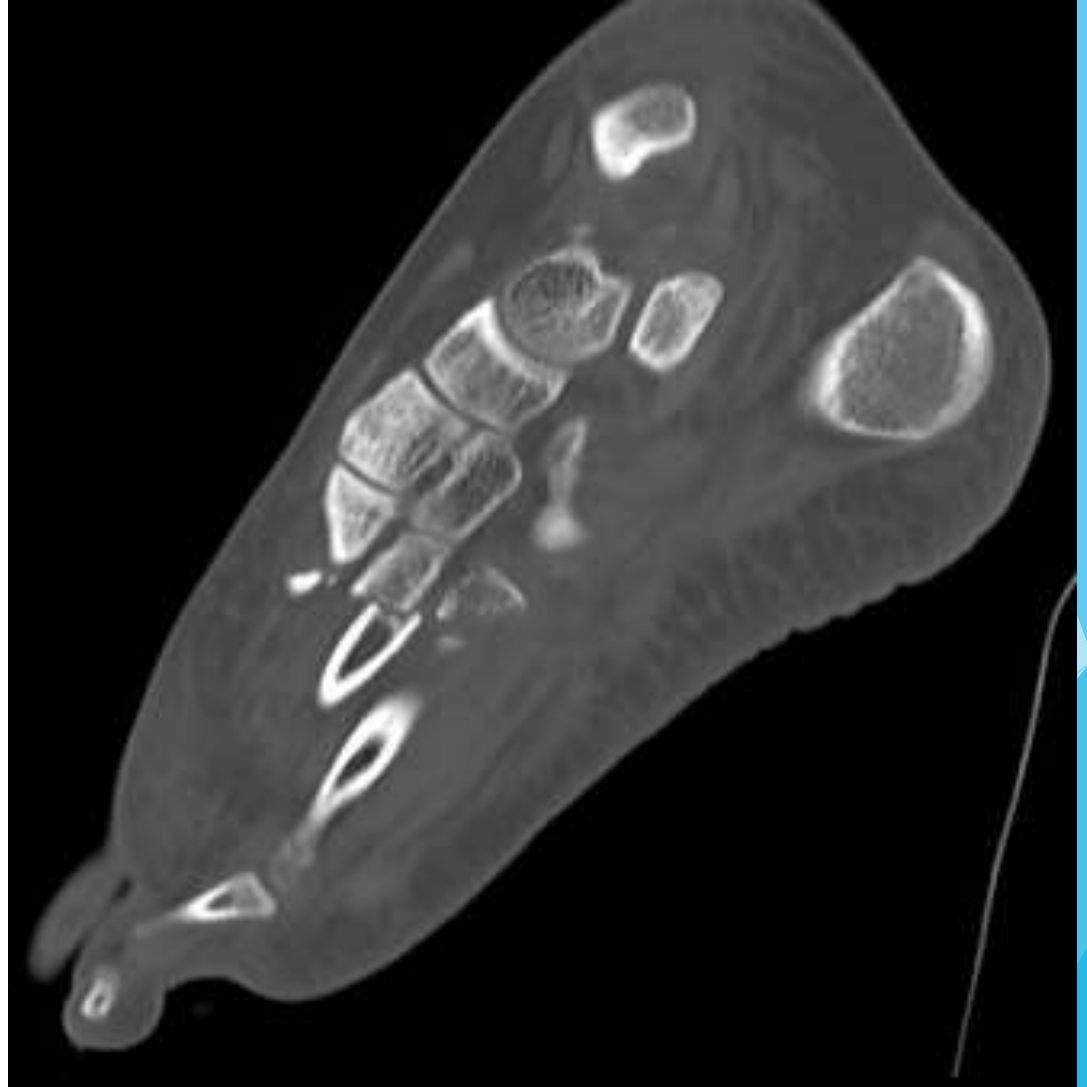


DI left 2 months post-op



JV





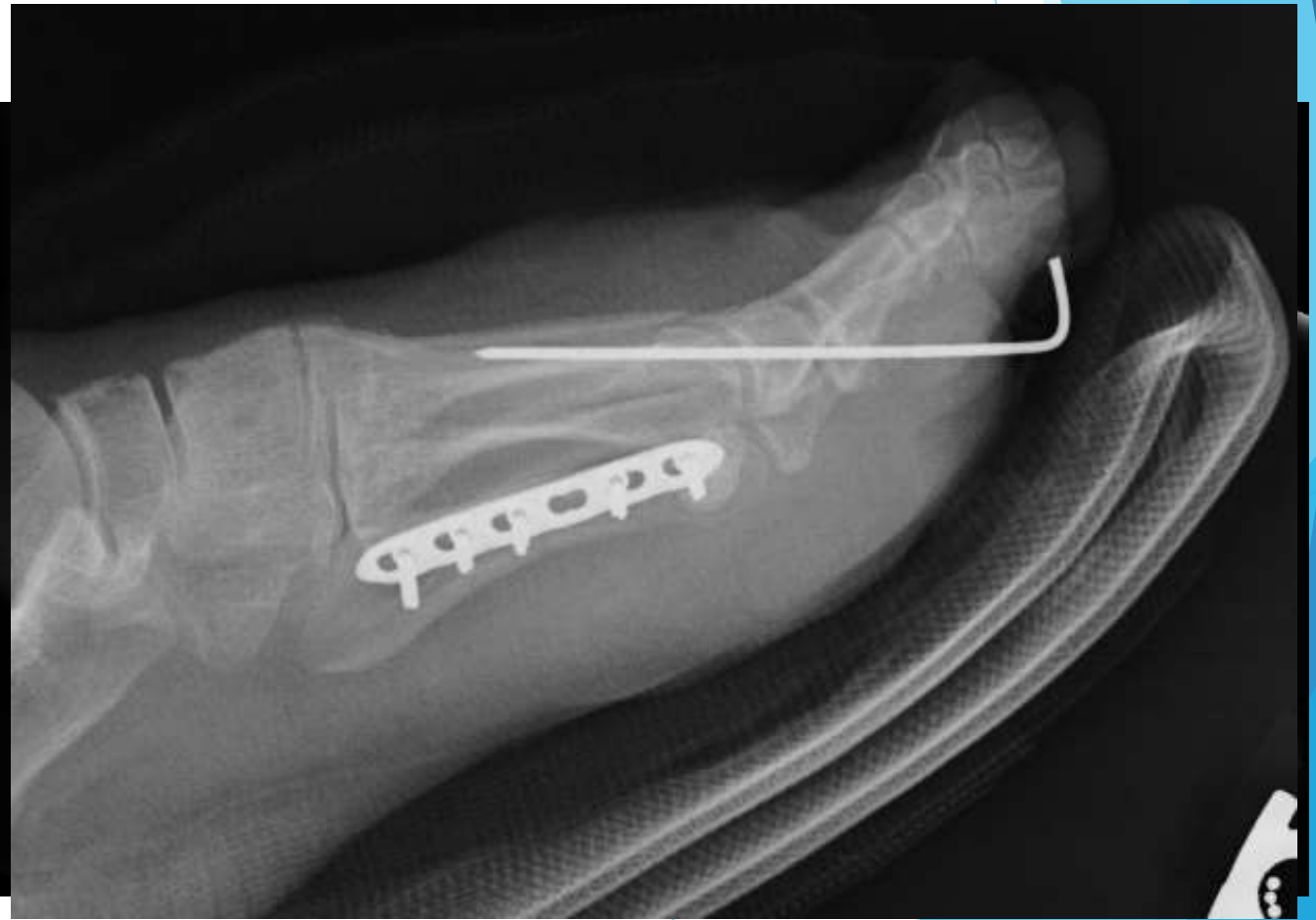
JV post-op



JV 3 months post-op



MB



MB 3 months post-op



MG

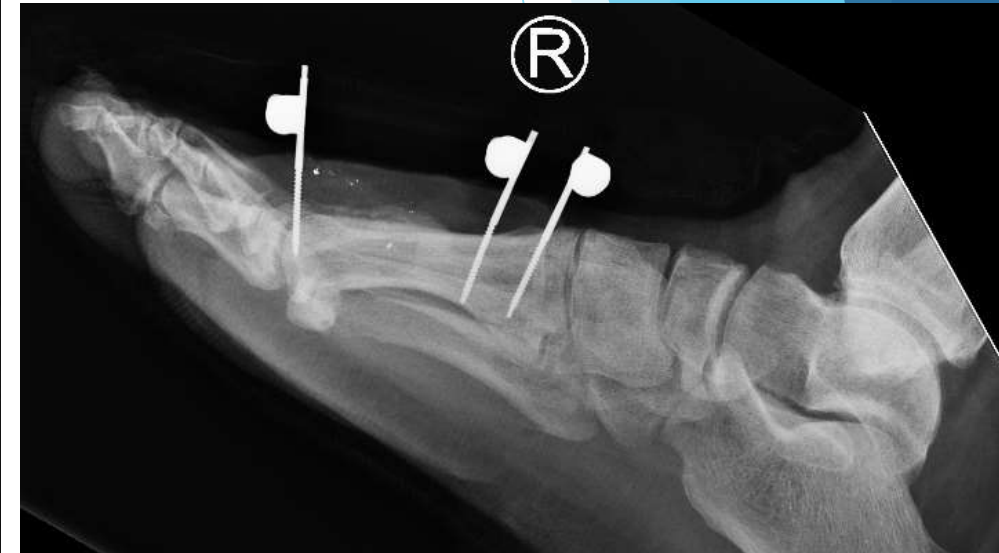


POR

MG post-op



MG 4 months post-op



Summary

- ▶ More than one way to fix a fracture!
- ▶ Anatomic reduction
- ▶ Stable fixation
- ▶ Respect soft tissue envelope
- ▶ Tailor post-op course to patient and fixation utilized.



Thank You!

