

"Sandwich plating" of intraarticular distal radius fractures

MUDr. Jan Šperl

Departement of trauma surgery, Nemocnice České Budějovice

Introduction

Although fractures of the distal radius are the most common fractures in the upper extremity, there is no gold standard for the treatment of comminuted intra-articular fractures. Combined volar and dorsal plating is effective method to deal with these significantly fragmented fractures of the active population.

Method

In 2020-2022, 10 patients with AO 23C2 and C3 type injuries were treated with this "sandwich" splinting at our institution. A CT scan was performed during preoperative planning, and the quality of the reposition was subsequently assessed on postoperative CT. Patients were followed up for a minimum of 12 months, including assessment of functional outcomes - PRWE, DASH. The results are supplemented by a series of case reports.

Conclusion

In complicated wrist fractures with a large dislocated dorsal fragment, impinged or free central fragment, it is almost impossible to restore the anatomy of the distal radius using an isolated volar approach. The "sandwich" technique often allows, with reasonable risks, to restore a nearly anatomic position of the distal radius with good clinical results.