Minimally Invasive Approach With Pronator Quadratus Preservation For Distal Radius Fractures

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PURPOSE
To describe a technique of volar locking plate for distal radius fractures with PQ preservation, determining if with a less invasive approach we can achieve good clinical, radiographic and functional outcomes.

CONCLUSIONS
Although we did not obtain better results with this technique than with the conventional one, we believe that the fact of getting similar results with both approaches justifies carrying out this technique with PQ preservation, especially in patients concerned about the cosmetic appearance of the scar.

METHODS
24 patients who underwent the minimally invasive approach (16 women, 8 men) with a mean age of 65 years. According to the AO classification, there were four A2 and three A3, five B1, two B2 and two B3 fractures and the five remaining were three C1 and two C2.
The surgical technique starts with a closed reduction and fixation with temporary K-wires under an image intensifier. A 25mm skin incision is then made and deepened to expose the PQ. A distal edge dissection of the PQ is performed in order to introduce the volar locking plate under the muscle. Distal screws are placed under direct vision and proximal screws percutaneously.

RESULTS
All patients showed clinical and radiographic signs of bone healing after 1 year follow-up. The 24 patients were able to return to their jobs at an average of 8 weeks. The average score on the DASH scale during the last control was 4.8 points. Regarding postoperative radiographic evaluation, there was an average volar tilt of 14.3 and an average radial inclination of 26.3

REFERENCES: