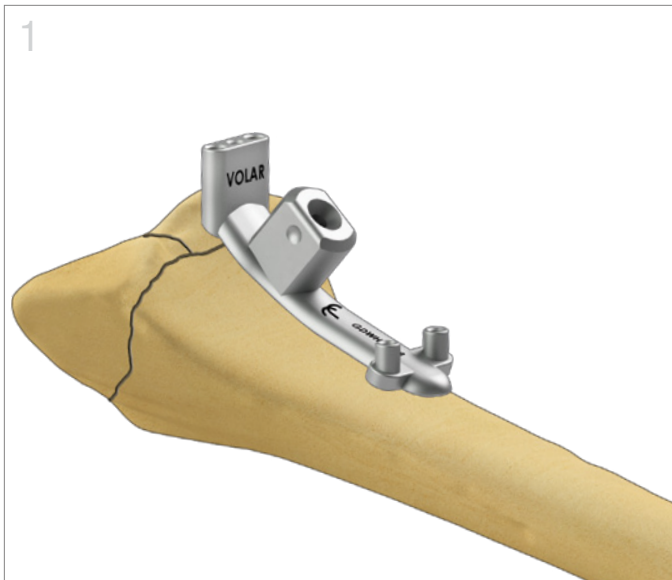




# Volar Hook Plate™

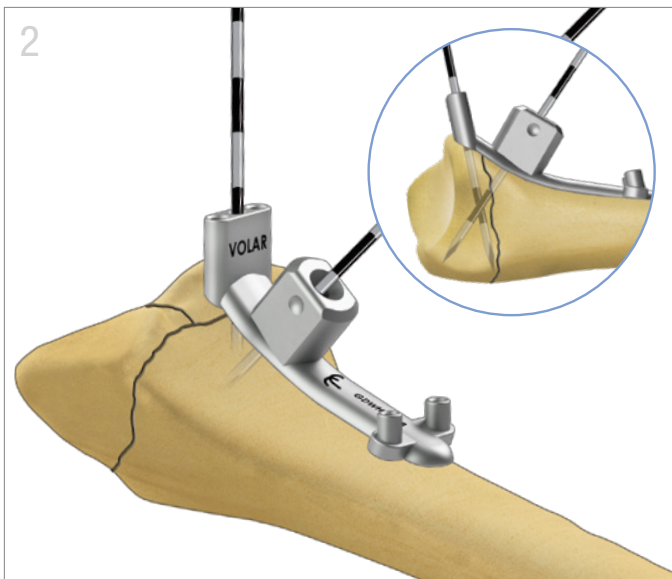
Surgical Technique | *TriMed Wrist Fixation System*





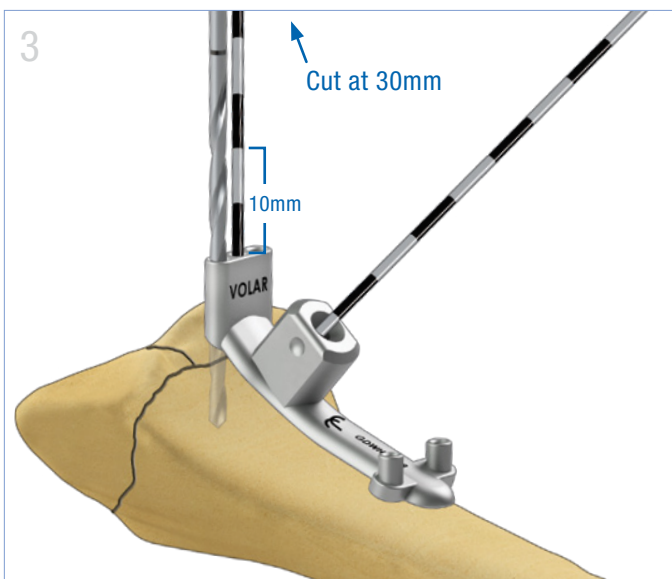
## Exposure and Reduction

- Reflect the pronator quadratus and expose distally up to 1-2mm beyond the distal radial ridge.
- Reduce the fracture and temporarily fix with K-wires as needed.
- Apply the Volar Drill Guide in the desired position. (see note 1)



## Stabilize Guide and Check Position

- Insert a 1.1mm (0.045") K-wire through the central distal hole of the guide to verify hook positions.
- Insert a second K-wire through the center block to verify position of the locking peg. (see note 2)
- Confirm the K-wire positions with a 10° lateral X-ray.

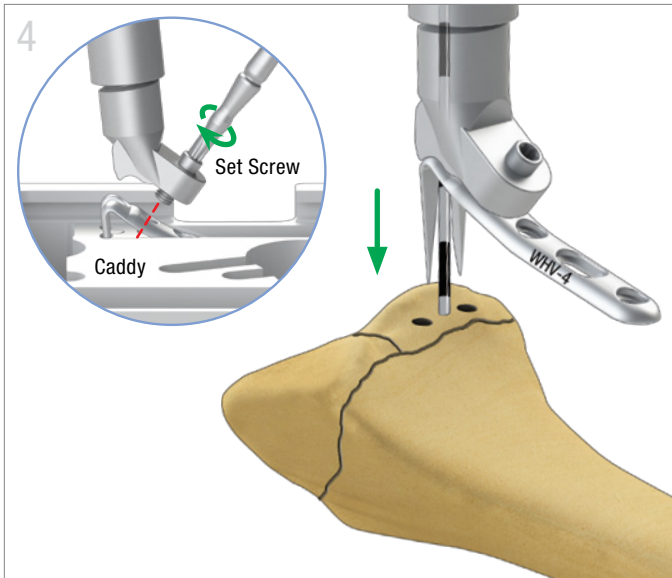


## Drill Distal Holes

- Cut the distal K-wire about 30mm (3 sets of stripes) above the guide.
- Drill the two outer holes at the distal end of the guide with a 1.8mm (blue) drill.
- Remove the K-wire from the center block of the guide and slide the guide off the distal K-wire.

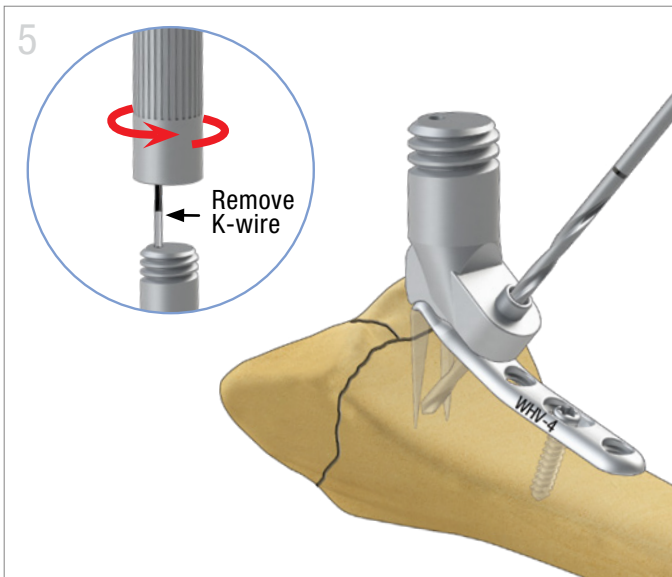
### Notes:

1. The Extender Guide can be used as a handle for the drill guide.
2. A K-wire inserted into a proximal hole of the guide can be used to help guide the edge of the implant into position proximally.



### Insert Volar Hook Plate™

- Using the assembly slot in the caddy, secure the impactor onto the plate with the set screw.
- Engage the cannula of the impactor over the distal guide wire and guide the hooks into the drilled holes.
- Seat implant to bone.



### Drill Locking Peg

- Secure the plate proximally with a 2.3mm screw in the proximal slotted hole.
- Unscrew the impactor handle and remove the distal K-wire.
- Drill a hole for the distal subchondral (**locking peg**) through the center of the cannulated set screw.
- Disengage the set screw from the plate to remove the impactor, measure and insert the subchondral locking peg.



### Complete Fixation

- Complete proximal fixation with 2.3mm cortical screws.
- Apply additional plates as needed.



Indications, contraindications, warnings and precautions related to TriMed Wrist Fixation System reference IFU on [trimedortho.com/ifu](http://trimedortho.com/ifu)

All implants made from surgical grade stainless steel

### Volar Hook Plate™

WHV-4  
WHV-6



### Volar Drill Guide

GDWHV-1.8

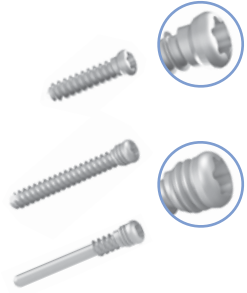


### Screw and Pegs

TRX2.3-xx  
10mm to 32mm

TPEG-xx  
14mm to 32mm

UPEG-xx  
14mm to 28mm



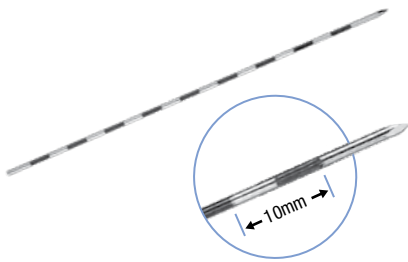
### Impactor

IMPCT-WHV



### K-Wire

WIRE-1.1/100



### Extender Guide

XTNDRGUIDE



## X-RAYS



Pre-Op AP



Pre-Op Lateral



Post-Op AP



Post-Op Lateral

X-Rays courtesy of Ed Rowland, MD



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The technique presented is one suggested surgical technique. The decision to use a specific implant and the surgical technique must be based on sound medical judgment by the surgeon that takes into consideration factors such as the circumstances and configuration of the injury.

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