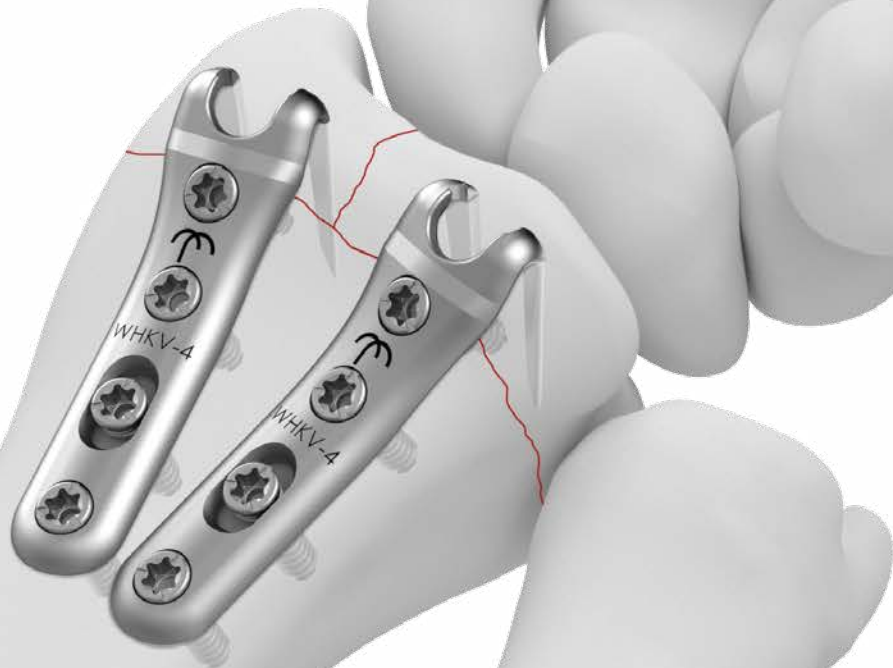
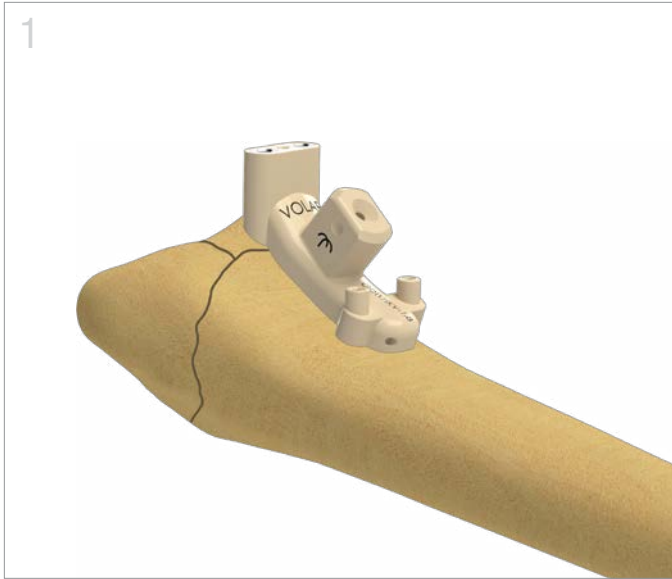


# Volar Hook Plate™

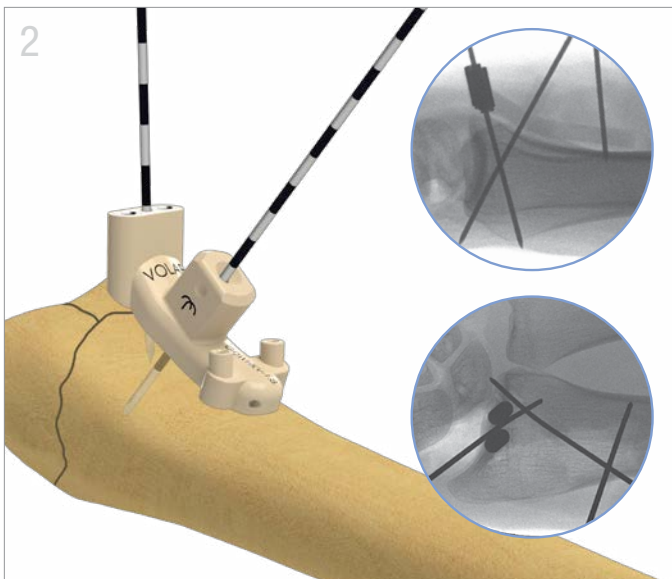
••• Wrist 3





### Exposure and Reduction

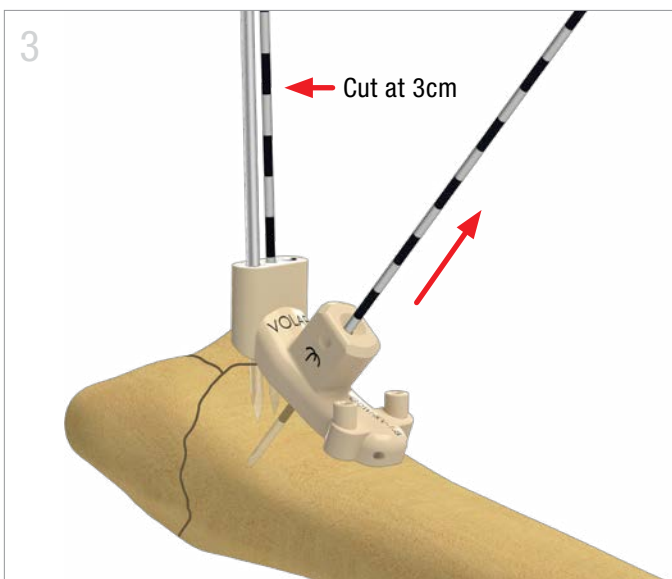
- Expose the distal radius. Reflect the pronator quadratus and expose distally up to 2mm beyond the distal radial ridge.
- Reduce the fracture and temporarily fix with 1.1 mm (0.045") K-wires as needed.
- Apply the Volar Hook Drill Guide in the desired position.



### Stabilize Guide and Check Position

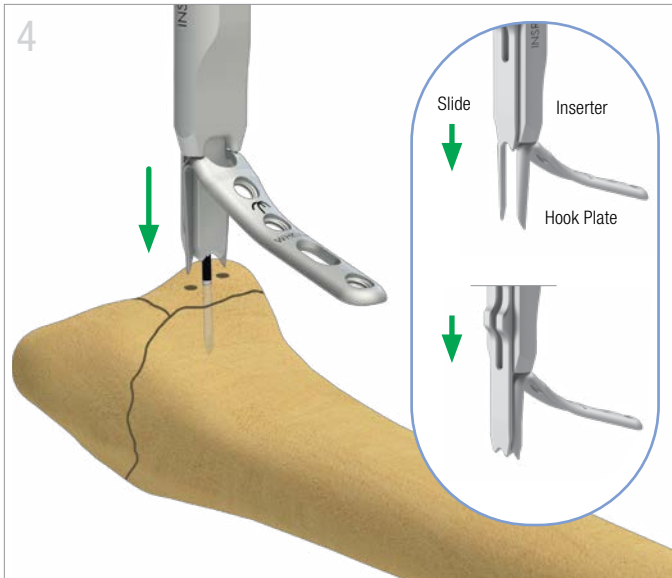
- Insert a 1.1 mm K-wire through the central distal hole of the guide to verify hook positions.
- A second K-wire through the sleeve in the center of the guide can be used to verify position of the locking peg.
- Confirm the K-wire positions with AP and 10° lateral X-ray.

**Note:** Inserting a 1.1 mm K-wire in either sleeve at the proximal end of the guide can help stabilize the drill guide and help guide the plate into position during insertion.



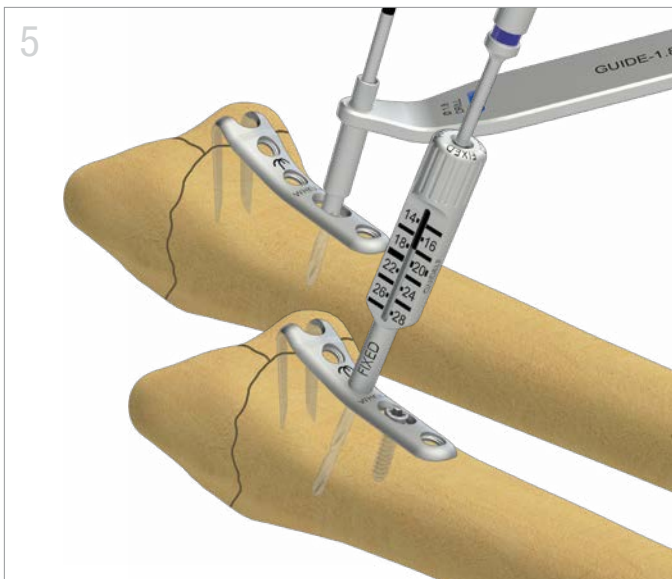
### Drill Distal Holes

- Remove the K-wire used to confirm the locking peg trajectory (if placed) from the sleeve in the center of the guide.
- Cut the distal K-wire 3cm above the surface of the guide to avoid interference with drilling the outer holes.
- Drill the two outer holes at the distal end of the guide with the 1.8mm (blue) drill or 1.6mm K-wire to penetrate the outer cortex. Slide the guide off the K-wire(s).



### Insert Volar Hook Plate™

- Assemble the Volar Hook Plate™ onto the Hook Plate Inserter. Ensure that the slide is facing away from the implant.
- Engage the distal K-wire through the cannulation in the Hook Plate Inserter and engage the hooks into the predrilled holes.
- Impact lightly to fully seat the hooks and plate flush against the bone.
- Remove the Hook Plate Inserter and K-wire(s).



### Proximal Fixation

- Use the 1.8mm drill guide (GUIDE-1.8/2.4) and 1.8mm (blue) drill bit for preparing a screw in the proximal slotted hole. Measure length with the depth gauge (GAUGE-1.8).
- Secure plate proximally with 2.4mm cortical screw.
- Use the Locking Peg Guide labeled "FIXED" with the 1.8mm (blue) drill bit for placing locking pegs. Measure length with the markings on the guide or with the depth gauge (GAUGE-1.8).

#### Note:

1. Use the standard 1.8mm drill guide (GUIDE-1.8/2.4) for 2.4mm cortical screws.
2. The Locking Peg Guide labeled "FIXED" is used for both 2.4mm partially threaded (UPEG) and 2.4mm fully threaded (TPEG) locking pegs.



### Complete Fixation

- Complete proximal fixation with 2.4mm cortical screws and/or 2.4mm locking pegs as needed.

All components are **Wrist Fixation System 3 (WS3)** items. All implants made from surgical grade stainless steel.

Screw Table	 Unthreaded Peg, 2.4mm	 Threaded Peg 2.4mm	 Cortical Screw, 2.4mm
	UPEG2.4-XX	TPEG2.4-XX	TRX2.4-XX
<b>Length</b>	10-28mm *	10-32mm *	10-32mm *
<b>Drill</b>	● 1.8mm		
<b>Guide</b>	GUIDELF-1.8 GDMINI-1.8		GUIDE-1.8/2.4
<b>Driver</b>	Torx 8 Nipple Tip		

\* 2mm increments    \*\* 1mm increments

### Volar Hook Plate™

WHKV-4  
WHKV-6



**Please Note:**  
Markings on the underside of plate  
are unique to Wrist 3 Plates *only*.

### Volar Hook Drill Guide

GDWHKV-1.8



### Hook Inserter

INSRTR-WFS



### Drill Guide

GUIDE-1.8/2.4  
GUIDELF-1.8



### K-Wire

WIRE-1.1/100  
WIRE-1.6/100



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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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For indications, contraindications, warnings and precautions related to TriMed Wrist Fixation System 3 reference IFU on [trimedortho.com/ifu](http://trimedortho.com/ifu).

See [trimedortho.com/patents](http://trimedortho.com/patents) for all patent information.