

# Item Catalogue

NUPCO CODE: 4229660301700 | SN: 784

NUPCO ITEM DESCRIPTION

SET, COMPLETE INSTRUMENTATION FOR STAINLESS STEEL LATERAL DISTAL FIBULA, WITH NECESSARY CASE AND IMPLANT TRAY

VENDOR PRODUCT DESCRIPTION

Ankle Plating System 3 lateral distal fibula instruments

SKU CODES INCLUDED FOR THIS NUPCO CODE

- 80-2310
- 80-2311
- 80-2312
- 80-2313
- 80-2314
- 80-2315
- 80-2317
- 80-2325
- 80-2335
- 80-2075
- 80-2080
- 80-2316
- 80-2318
- 80-2319
- 80-2320

# Lateral Fibula Plate Surgical Technique



Figure 1

**Note:** The Acumed Small Fragment Base Set houses the screws and standard instrumentation needed for this procedure and must be used in conjunction with the Acumed Ankle Plating System 3.

## 1 Patient Positioning and Exposure

Position the patient supine and make a straight lateral or posterolateral surgical incision to expose the fracture of the fibula. After attaining appropriate exposure, care should be taken with vital soft tissue structures.

## 2 Fracture Reduction

Reduce the fracture using manual techniques. Provisional stability can be achieved utilizing forceps or .062" x 6" Guide Wires (WS-1607ST) and can be evaluated under fluoroscopy. Accurate restoration of fibular length, alignment, and rotation is critical.

**Caution:** Optional Lateral Fibula Targeting Blocks (80-2310 and 80-2311) are provided to aid in the installation of 2.7 mm Locking Hexalobe Screws (30-XXXX). If a Targeting Block will be used, it should be attached to the plate before placement of the plate on the bone. Instructions for attachment of the Targeting Block are included in Step 4 of this technique.

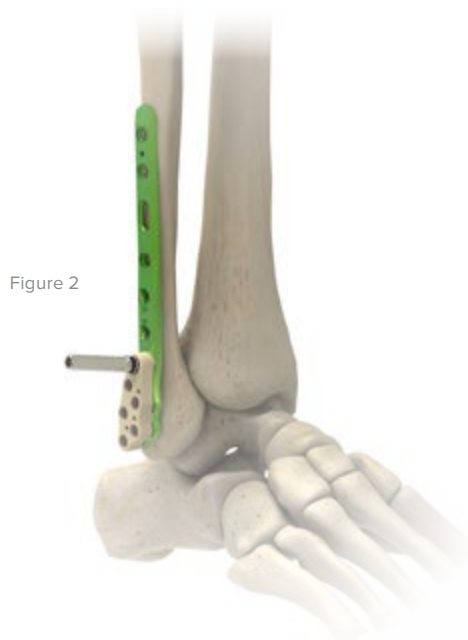


Figure 2

## 3 Plate Placement

Position the Lateral Fibula Plate (7007-010XX) appropriately and fix provisionally with .062" x 6" Guide Wires or .062" x 3" Threaded Plate Tacks (80-2430). Evaluation under fluoroscopy can help confirm satisfactory placement of the plate.



.062" x 6"  
Guide Wire  
(WS-1607ST)



Lateral Fibula  
Targeting Blocks  
(80-2310 and  
80-2311)



2.7 mm Locking  
Hexalobe Screws  
8–60 mm lengths  
(30-XXXX)



Lateral Fibula  
Plate  
(7007-010XX)



.062" x 3"  
Threaded  
Plate Tack  
(80-2430)

# Lateral Fibula Plate Surgical Technique [continued]

## 4 Distal 2.7 mm Hexalobe Screw Placement

All distal plate holes can accept 2.7 mm hexalobe screws.

To insert 2.7 mm **Nonlocking** Hexalobe Screws (30-XXXX) into the distal cluster of holes, drill with the 2.0 mm Quick Release Drill w/ Depth Marks (80-2378) through the 2.0 mm/2.7 mm Drill Guide (80-2516) to the desired depth. If one of the Lateral Fibula Targeting Blocks (80-2310 and 80-2311) is attached, the 2.0 mm Drill Guide (80-2314) must be used. Measure for screw length by using the Depth Gauge (80-2496).

To insert 2.7 mm **Locking** Hexalobe Screws (30-XXXX), there are two drill guides available for use.

**Option One:** Attach either the Lateral Fibula Targeting Block Left (80-2310) or the Lateral Fibula Targeting Block Right (80-2311) to the plate by threading the Targeting Block Locking Bolt (80-2315) through the most proximal hole of the Lateral Fibula Targeting Block. Insert the 2.0 mm Drill Guide through the targeting block and into the desired hole.

**Option Two:** Thread the 2.0 mm Locking Drill Guide (80-2371) into each hole.

Once the Lateral Fibula Targeting Block or 2.0 mm Locking Drill Guide is attached, drill using the 2.0 mm Quick Release Drill to the desired depth. Measure for screw length by referencing the laser mark on the drill where it meets the back end of the drill guide (Figure 3). Alternatively, detach the Locking Drill Guide and use the Depth Gauge (80-2496) to measure for screw length (Figure 4).

Insert 2.7 mm Locking or Nonlocking Hexalobe Screws by connecting the T8 Stick Fit Hexalobe Driver (80-0759) to the Cannulated Quick Release Driver Handle, Medium (80-2364).

**Caution:** Care must be taken to avoid over tightening during the final seating of the 2.7 mm **Locking** Hexalobe Screws into the Lateral Fibula Plate (7007-01XXX). A two finger tightening technique is recommended for use with the Cannulated Quick Release Handle, **Medium** (80-2364) to seat the 2.7 mm Locking Hexalobe Screws into the plate.

**Caution:** Use the maximum number of screws based on the indication to reduce the risk of screw breakage during healing.

**Note:** Optional 2.7 mm Variable Angle Hexalobe Screws (3013-27XXX) are available. See technique on page 42.

Confirm screw placement under fluoroscopy.



Figure 3



Figure 4

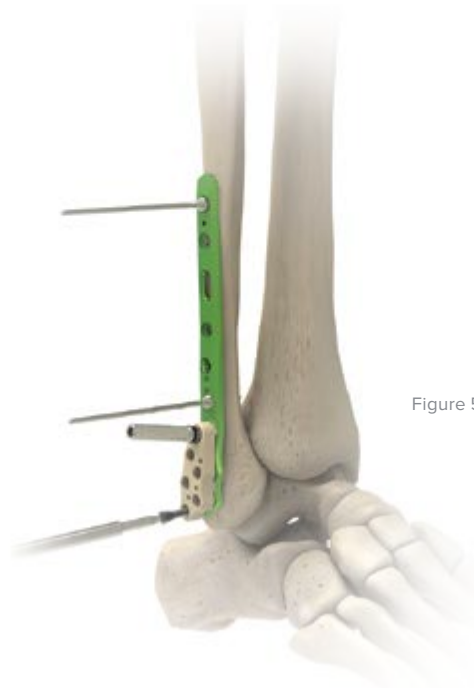


Figure 5



# Posterolateral Fibula Plate Surgical Technique

Figure 12



Figure 13



**Note:** The Acumed Small Fragment Base Set houses the screws and standard instrumentation needed for this procedure and must be used in conjunction with the Acumed Ankle Plating System 3.

## 1 Patient Positioning and Exposure

Position the patient supine and make a straight lateral or posterolateral surgical incision to expose the fracture of the fibula.

**Alternative positioning:** Prone patient position may be preferred if prioritizing a posterior tibia fracture. Position the patient prone and make a posterolateral surgical incision.

After attaining appropriate position and exposure, care should be taken with vital soft tissue structures.

## 2 Fracture Reduction

Reduce the fracture using manual techniques. Provisional stability can be achieved utilizing forceps or .062" x 6" Guide Wires (WS-1607ST) and can be evaluated under fluoroscopy. Accurate restoration of fibular length, alignment, and rotation is critical.

**Caution:** Optional Posterolateral Fibula Targeting Blocks (80-2312 and 80-2313) are provided to aid in the installation of 2.7 mm **Locking** Hexalobe Screws, (30-XXXX). If a Targeting Block will be used, it should be attached to the plate before placement of the plate on the bone. Instructions for attachment of the Targeting Block are included in Step 4 of this technique.

## 3 Plate Placement

Position the Posterolateral Fibula Plate (7007-02XXX) appropriately, with the distal end placed in the posterolateral groove of the distal fibula. Provisionally fix the plate to the bone with .062" x 6" Guide Wires or .062" x 3" Threaded Plate Tacks (80-2430). Evaluation under fluoroscopy can confirm satisfactory placement of the plate.

**Note:** The 2.8 mm Locking Drill Guide (80-2372) can be attached to the plate to act as a handle and aid in provisional plate placement.



.062" x 6"  
Guide Wire  
(WS-1607ST)



Posterolateral  
Fibula Plate  
(7007-02XXX)



Posterolateral Fibula  
Targeting Blocks  
(80-2312 or 80-2313)



.062" x 3"  
Threaded  
Plate Tack  
(80-2430)



2.7 mm Locking  
Hexalobe Screws,  
8–65 mm lengths  
(30-XXXX)



2.8 mm Locking  
Drill Guide  
(80-2372)

# Posterolateral Fibula Plate Surgical Technique [continued]

## 4 Distal 2.7 mm Hexalobe Screw Placement

All distal plate holes can accept 2.7 mm hexalobe screws.

To insert 2.7 mm **Nonlocking** Hexalobe Screws (30-XXXX) into the distal cluster of holes, drill with the 2.0 mm Quick Release Drill w/ Depth Marks (80-2378) through the 2.0 mm/2.7 mm Drill Guide (80-2516) to the desired depth. Measure for screw length by using the Depth Gauge (80-2496).

To insert 2.7 mm **Locking** Hexalobe Screws (30-XXXX), there are two drill guides available for use.

**Option One:** Attach either the Posterolateral Fibula Targeting Block Left (80-2312) or the Posterolateral Fibula Targeting Block Right (80-2313) to the plate by threading the Targeting Block Locking Bolt (80-2315) through the most proximal hole of the Posterolateral Fibula Targeting Block. Insert the 2.0 mm Drill Guide (80-2314) through the targeting block and into the desired hole.

**Option Two:** Thread the 2.0 mm Locking Drill Guide (80-2371) into each hole.

Once the Posterolateral Fibula Targeting Block or 2.0 mm Locking Drill Guide is attached, drill using the 2.0 mm Quick Release Drill (Figure 16). Measure for screw length by referencing the laser mark on the drill where it meets the back end of the Locking Drill Guide (Figure 14). Alternatively, detach the Locking Drill Guide and use the Depth Gauge to measure for screw length (Figure 15).

Insert 2.7 mm Locking or Nonlocking Hexalobe Screws by connecting the T8 Stick Fit Hexalobe Driver (80-0759) to the Cannulated Quick Release Driver Handle, Medium (80-2364).

**Caution:** Care must be taken to avoid over tightening during the final seating of the 2.7 mm **Locking** Hexalobe Screws into the Posterolateral Fibula Plate (7007-02XXX). A two finger tightening technique is recommended for use with the Cannulated Quick Release Handle, **Medium** (80-2364) to seat the 2.7mm Locking Hexalobe Screws into the plate.

**Caution:** Use the maximum number of screws based on the indication to reduce the risk of screw breakage during healing.

**Note:** Optional 2.7 mm Variable Angle Hexalobe Screws (3013-27XXX) are available. See technique on page 42.

Confirm screw placement under fluoroscopy.



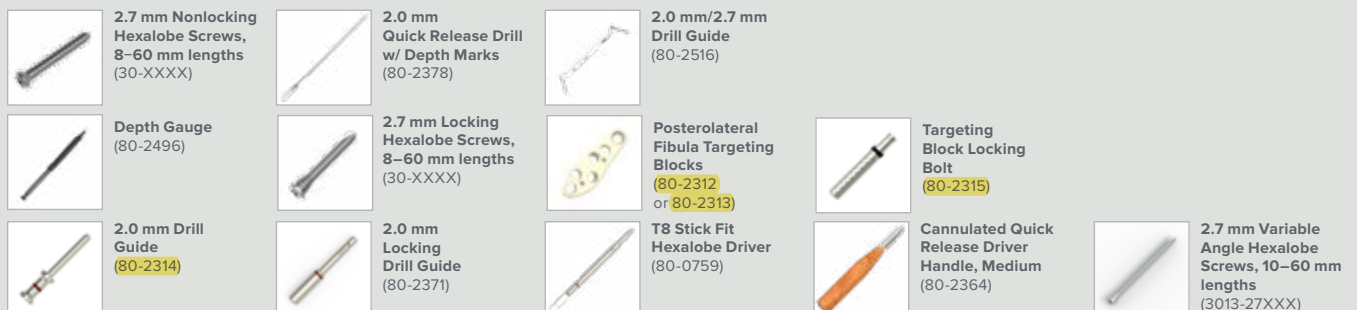
Figure 14



Figure 15



Figure 16



## 4.0 mm Cannulated Screw Surgical Technique [continued]

### 4 4.0 mm Cannulated Screw Placement

Remove the 4.0/4.5 mm Screw Sizer (80-2080) and slide the 2.7 mm Cannulated Drill, Quick Connect (80-2075) over the guide wire and through the 2.0/2.7 mm Drill Guide (80-2516) (Figure 71). Drill to the desired depth.

**Note:** If the guide wire becomes stuck in the cannulated drill following drilling, it may be removed using another guide wire from the system.

#### Optional Screw Insertion with Washer

Place the Cannulated Screw Washer 7.0 mm OD x 3.6 mm ID (7003-07036) onto the screw before insertion.

Connect the 2.5 mm Cannulated Hex Driver, Quick Connect (80-2073) to the Cannulated Quick Release Driver Handle, Large (80-2365) and insert the appropriate length 4.0 mm Cannulated Screw (300X-400XX) over the guide wire (Figure 78). The screw must lie with its threads completely beyond the fracture line to achieve the appropriate compression.

Confirm screw placement under fluoroscopy.

Closing and postoperative protocol are at the discretion of the surgeon.

Figure 77

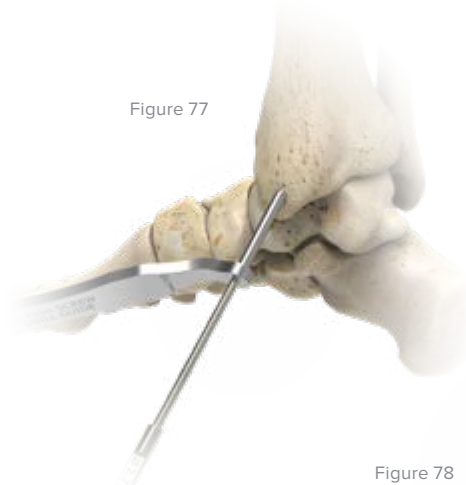


Figure 78

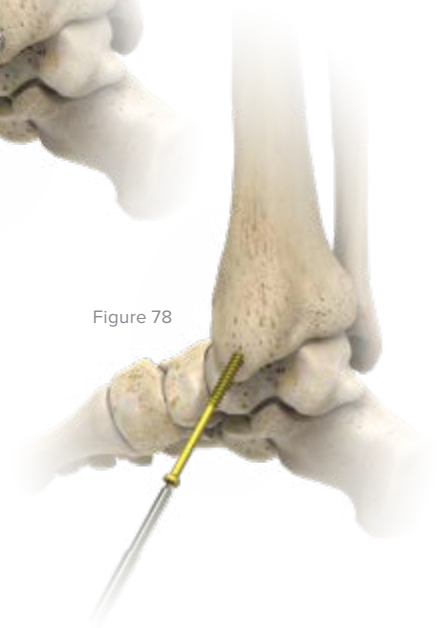


Figure 79



Figure 80



### 5 Removal

The cannulated screws are designed to be removed from the body when necessary. After surgically obtaining access to the head of the screw, use the 2.5 mm Cannulated Hex Driver, Quick Connect (80-2073) to remove the screw by engaging the driver tip within the hex recess in the screw head and turning counterclockwise.

**Note:** It may be necessary to clean out bony ingrowth from the head of the screw using a surgical pick or guide wire tip prior to inserting the driver tip.



4.0/4.5 mm  
Screw Sizer  
(80-2080)



2.7 mm Cannulated  
Drill, Quick Connect  
(80-2075)



2.0/2.7 mm  
Drill Guide  
(80-2516)



Cannulated Screw  
Washer 7.0 mm OD  
x 3.6 mm ID  
(7003-07036)



2.5 mm Cannulated  
Hex Driver, Quick  
Connect  
(80-2073)



Cannulated Quick  
Release Driver  
Handle, Large  
(80-2365)



4.0 mm  
Cannulated Screw  
(300X-400XX)



# Ordering Information

## Tray Components

### Implants

|    |                                           |            |    |                                                 |            |
|----|-------------------------------------------|------------|----|-------------------------------------------------|------------|
| 1  | Lateral Fibula Plate 4-Hole, Left         | 7007-0104L | 15 | Posterolateral Fibula Plate 5-Hole, Left        | 7007-0205L |
| 2  | Lateral Fibula Plate 4-Hole, Right        | 7007-0104R | 16 | Posterolateral Fibula Plate 5-Hole, Right       | 7007-0205R |
| 3  | Lateral Fibula Plate 5-Hole, Left         | 7007-0105L | 17 | Posterolateral Fibula Plate 6-Hole, Left        | 7007-0206L |
| 4  | Lateral Fibula Plate 5-Hole, Right        | 7007-0105R | 18 | Posterolateral Fibula Plate 6-Hole, Right       | 7007-0206R |
| 5  | Lateral Fibula Plate 6-Hole, Left         | 7007-0106L | 19 | Posterolateral Fibula Plate 7-Hole, Left        | 7007-0207L |
| 6  | Lateral Fibula Plate 6-Hole, Right        | 7007-0106R | 20 | Posterolateral Fibula Plate 7-Hole, Right       | 7007-0207R |
| 7  | Lateral Fibula Plate 7-Hole, Left         | 7007-0107L | 21 | Posterolateral Distal Tibia Plate 3-Hole, Left  | 7007-0303L |
| 8  | Lateral Fibula Plate 7-Hole, Right        | 7007-0107R | 22 | Posterolateral Distal Tibia Plate 3-Hole, Right | 7007-0303R |
| 9  | Lateral Fibula Plate 9-Hole, Left         | 7007-0109L | 23 | Posterolateral Distal Tibia Plate 4-Hole, Left  | 7007-0304L |
| 10 | Lateral Fibula Plate 9-Hole, Right        | 7007-0109R | 24 | Posterolateral Distal Tibia Plate 4-Hole, Right | 7007-0304R |
| 11 | Posterolateral Fibula Plate 3-Hole, Left  | 7007-0203L | 25 | Posteromedial Distal Tibia Plate 3-Hole, Left   | 7007-0403L |
| 12 | Posterolateral Fibula Plate 3-Hole, Right | 7007-0203R | 26 | Posteromedial Distal Tibia Plate 3-Hole, Right  | 7007-0403R |
| 13 | Posterolateral Fibula Plate 4-Hole, Left  | 7007-0204L | 27 | Medial Anti-Glide Plate 4-Hole                  | 7007-0504  |
| 14 | Posterolateral Fibula Plate 4-Hole, Right | 7007-0204R |    |                                                 |            |

### Instruments

|    |                                             |         |    |                                              |         |
|----|---------------------------------------------|---------|----|----------------------------------------------|---------|
| 28 | Lateral Fibula Targeting Block, Left        | 80-2310 | 31 | Posterolateral Fibula Targeting Block, Right | 80-2313 |
| 29 | Lateral Fibula Targeting Block, Right       | 80-2311 | 32 | Targeting Block Locking Bolt                 | 80-2315 |
| 30 | Posterolateral Fibula Targeting Block, Left | 80-2312 | 33 | 2.0 mm Drill Guide                           | 80-2314 |

## Sterile Implants\*

|                                                |              |                                                |              |
|------------------------------------------------|--------------|------------------------------------------------|--------------|
| Lateral Fibula Plate 11-Hole, Left (optional)  | 7007-0111L-S | Lateral Fibula Plate 13-Hole, Left (optional)  | 7007-0113L-S |
| Lateral Fibula Plate 11-Hole, Right (optional) | 7007-0111R-S | Lateral Fibula Plate 13-Hole, Right (optional) | 7007-0113R-S |

\*Implants and screws are also available sterile-packed. Add an "-S" at end of product number for sterile product. For more details on sterile products, including pricing, contact our Business Services Department toll free at 888.627.9957.

Reference the Acumed Small Fragment Base Set Surgical Technique (TMA10-01) for the list of implants, instruments, and screws included within that set.

## Ordering Information [continued]

### Tray Components

#### Implants

|    |                                                  |            |
|----|--------------------------------------------------|------------|
| 1  | Hook Plate 2-Hole                                | 7007-0602  |
| 2  | Hook Plate 3-Hole                                | 7007-0603  |
| 3  | Locking Peg Hook Plate 2-Hole                    | 7007-0702  |
| 4  | Locking Peg Hook Plate 3-Hole                    | 7007-0703  |
| 5  | 2.3 mm x 26 mm<br>Locking Cortical Peg           | 3014-23026 |
| 6  | 2.3 mm x 36 mm<br>Locking Cortical Peg           | 3014-23036 |
| 7  | 2.3 mm x 46 mm<br>Locking Cortical Peg           | 3014-23046 |
| 8  | 4.0 mm x 36 mm Cannulated<br>Screw, Long Thread  | 3006-40036 |
| 9  | 4.0 mm x 42 mm Cannulated<br>Screw, Long Thread  | 3006-40042 |
| 10 | 4.0 mm x 48 mm Cannulated<br>Screw, Long Thread  | 3006-40048 |
| 11 | Cannulated Screw Washer<br>7.0 mm OD x 3.6 mm ID | 7003-07036 |

#### Instruments

|    |                                             |         |
|----|---------------------------------------------|---------|
| 12 | Hook Plate Reduction Handle Assembly        | 80-2317 |
| 13 | 1.5 mm Hex Driver Assembly                  | 80-2335 |
| 14 | 2.0 mm Locking Drill Guide/2.3 mm<br>Screws | 80-2331 |
| 15 | Syndesmosis Targeting Guide Assembly        | 80-2325 |

#### 4.0 mm Cannulated Screw Instruments

|    |                                                |         |
|----|------------------------------------------------|---------|
| 16 | 1.3 mm Non-threaded Guide Wire,<br>150 mm      | 80-2039 |
| 17 | 2.5 mm Cannulated Hex Driver,<br>Quick Connect | 80-2073 |
| 18 | 2.7 mm Cannulated Drill, Quick Connect         | 80-2075 |
| 19 | 4.0/4.5 mm Screw Sizer                         | 80-2080 |

Reference the Acumed Small Fragment Base Set Surgical Technique (TMA10-01) for the list of implants, instruments, and screws included within that set.