Current Concepts Of Internal Fixation Of Fractures

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External fixation principles - Forearm shaft - Further reading - AO. The wrist joint can tolerate immediate range of motion exercise after internal fixation.60 Strengthening exercises are started when fracture union becomes more secure. Two types of internal fixation are commonly used: plate fixation and intramedullary fixation. Plate fixation involves the use of a metal plate that is fixed to the bone with screws. Intramedullary fixation involves the use of a rod that is inserted into the medullary cavity of the bone and is fixed with screws. Either type of fixation can be used for fractures of the radius, ulna, clavicle, and other bones of the hand and wrist. The choice of fixation method depends on several factors, including the location of the fracture, the type of fracture, and the patient's age and activity level. Plate fixation is generally preferred for fractures of the radius and ulna, while intramedullary fixation is preferred for fractures of the clavicle and some other bones. Other methods of internal fixation include external fixation, which involves the use of a frame that is fixed to the bone with pins, and percutaneous fixation, which involves the use of small pins that are inserted through the skin to fix the bone. These methods are used for fractures that are not amenable to other methods of fixation, or for fractures that are located in areas where plates or intramedullary rods cannot be used.