

Using a Targeting Guide to Place Flexible Syndesmotic Fixation in Ankle Fractures With Dual Plate Fixation

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Complex ankle fractures are common orthopaedic injuries, and maintaining reduction with optimal fixation may be difficult if considerable hardware is present. This video describes a technique for using a targeting guide to precisely place flexible syndesmotic fixation in ankle fractures, with dual plate fixation (medially and laterally) to help achieve ideal stability. Not only does it allow for appropriate reduction and fixation, but it also makes the procedure simpler, decreasing surgical time and intraoperative fluoroscopic radiation exposure.