

Single-Provider Reduction and Splinting of Displaced Ankle Fractures: The Modified Method

Eli w. Bunzel, Nathan Benner¹, Zachary Mills², Arien Lee Cheronos¹, Reza Firoozabadi²

¹University of Washington, ²UW Medicine

Ankle fractures are commonly managed by orthopaedic surgeons and often require manipulative reduction. This may be painful for the patient and frequently involves two or more providers. Intra-articular injection of local anesthetic agent into the ankle joint precludes the need for conscious sedation (intravenous narcotics and benzodiazepines, propofol, or ketamine). By combining an ankle block with a modification of the classic ankle fracture reduction technique described by Quigley in 1959, a single provider can effectively perform manipulative reduction and splint immobilization of an ankle fracture without conscious sedation.