

Volar Plate Advancement to Correct Chronic Post-Traumatic PIPJ Hyperextension

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We present a case of a 38-year-old male with a delayed post-traumatic proximal interphalangeal joint hyperextension correction with a volar plate advancement. He injured his right small finger as a teenager and did not seek care until recently, approximately 20 years later. We will discuss the case, rationale for treatment, postoperative outcomes and relevant literature. We will also include preoperative videos of his motion as well as intraoperative photos and videos. We demonstrate a technique to mobilize and primarily repair the volar plate that was previously by Melone et al¹. We secured our volar plate using suture that was then passed through bone tunnels in the middle phalanx. The surgery was performed with intermittent sedation so the patient could actively test our repair intraoperatively. The patient was able to return to normal activities without restriction demonstrating a successful repair and the effectiveness of this technique.