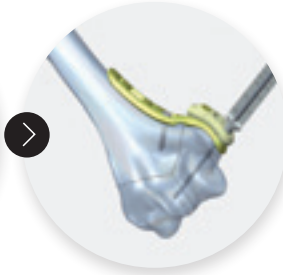


# FIXATION TECHNIQUE

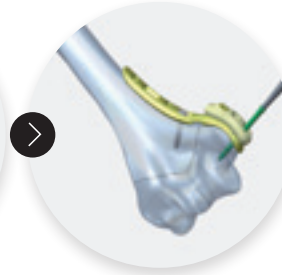
## STAGE 1 : FIXATION OF THE MEDIAL PLATE



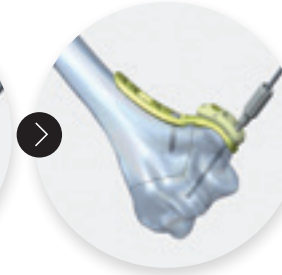
Lock the Fast Guide onto the medial plate. Adjust the position of the plate using the slotted hole.



When monoaxial screwing is possible, insert the guide gauge in the Fast Guide, drill using a  $\varnothing 2.3$  mm drill bit, and directly check the depth of the drilling on the graduations of the guide gauge.



Insert the  $\varnothing 2.8$  mm distal screws through the Fast Guide.



**Polyaxial technique :** The distal holes allow for polyaxial screw placement if necessary. For this purpose, screw the polyaxial drill guide into the plate hole, position it as appropriate, lock it and drill using the  $\varnothing 2.3$  mm drill bit. This method does not require the removal of the Fast Guide.



Remove the Fast Guide if need be, drill using the  $\varnothing 2.7$  mm drill bit and insert the last  $\varnothing 3.5$  mm distal screw.

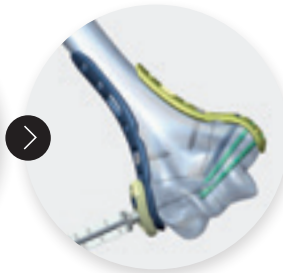
## STAGE 2 : FIXATION OF THE LATERAL OR POSTERO-LATERAL PLATE

### OPTION 1 : PARALLEL FIXATION USING THE LATERAL PLATE

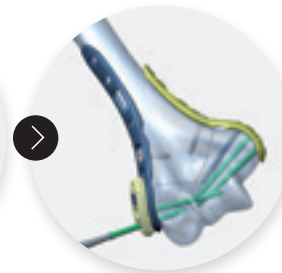
#### → FIXATION OF THE LATERAL PLATE



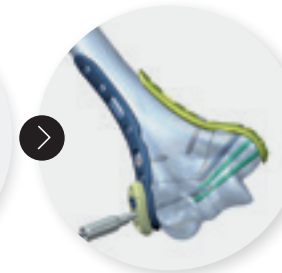
Lock the Fast Guide onto the lateral plate. Adjust the position of the plate using the slotted hole.



When monoaxial screwing is possible, insert the guide gauge in the Fast Guide, drill using the  $\varnothing 2.3$  mm drill bit, and directly check the depth of the drilling on the graduations of the guide gauge.



Insert the  $\varnothing 2.8$  mm distal screws through the Fast Guide.



**Polyaxial technique :** The distal holes allow for polyaxial screw placement if necessary. For this purpose, screw the polyaxial drill guide into the plate hole, position it as appropriate, lock it and drill using the  $\varnothing 2.3$  mm drill bit. This method does not require the removal of the Fast Guide.



Remove the Fast Guide if need be, drill using the  $\varnothing 2.7$  mm drill bit and insert the last  $\varnothing 3.5$  mm distal screw. Complete the fixation by inserting all the remaining  $\varnothing 3.5$  mm diaphyseal screws.

### FINAL RESULT



## OPTION 2 : PERPENDICULAR FIXATION USING THE POSTERO-LATERAL PLATE

### → FIXATION OF THE POSTERO-LATERAL PLATE



Lock the Fast Guide onto the postero-lateral plate. Adjust the position of the plate using the slotted hole.

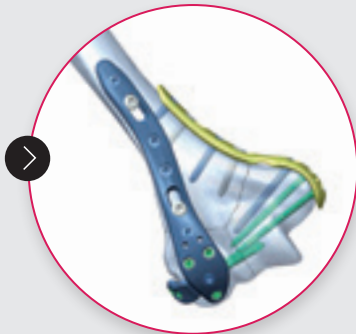
When monoaxial screwing is possible, insert the guide gauge in the Fast Guide, drill using the Ø2.3 mm drill bit, and directly check the depth of the drilling on the graduations of the guide gauge.

Insert the Ø2.8 mm distal screws through the Fast Guide.

**Polyaxial technique :** The distal holes allow for polyaxial screw placement if necessary. For this purpose, screw the polyaxial drill guide into the plate hole, position it as appropriate, lock it and drill using the Ø2.3 mm drill bit. This method does not require the removal of the Fast Guide.

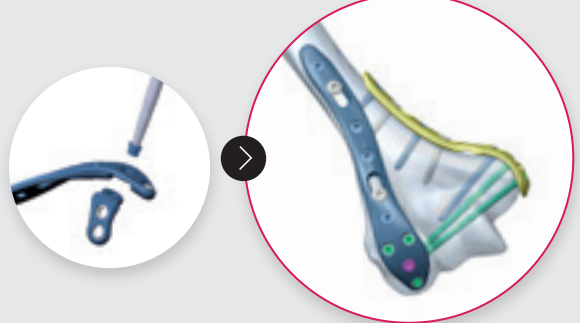
Remove the Fast Guide if need be, drill using the Ø2.7 mm drill bit and insert the last Ø3.5 mm distal screw. Complete the fixation by inserting all the remaining Ø3.5 mm diaphyseal screws.

#### FINAL RESULT WITH LATERAL SUPPORT



**Removable lateral support :** in the case of a perpendicular fixation, the lateral support enables the insertion of 2 additional polyaxial screws, from the lateral to the medial column of the distal humerus.

#### FINAL RESULT WITHOUT LATERAL SUPPORT



The ALIANS ELBOW postero-lateral plate can be fitted to several types of fracture. It is possible to remove the lateral support. In this case, a non-locking Ø3.5 mm screw can be inserted in the cleared hole.

#### REMARKS

- ▶ In the described method, the procedure begins with the fixation of the medial plate, followed by the lateral or postero-lateral plates. However, the fixation order may be reversed.
- ▶ The monoaxial fixation technique of the Ø2.8 mm epiphyseal screws requires screw length of less than 45 mm.