



Bridge Plate

Surgical Technique | *TriMed Wrist Fixation System*





Exposure

- Perform closed reduction with traction.
- Make an incision over the midshaft of either the 2nd or 3rd metacarpal.
- A second incision is made just proximal to the thumb outcropping muscles. Expose the radial shaft.
- An optional 3rd incision can be made over Lister's to mobilize the EPL or to create a graft portal.

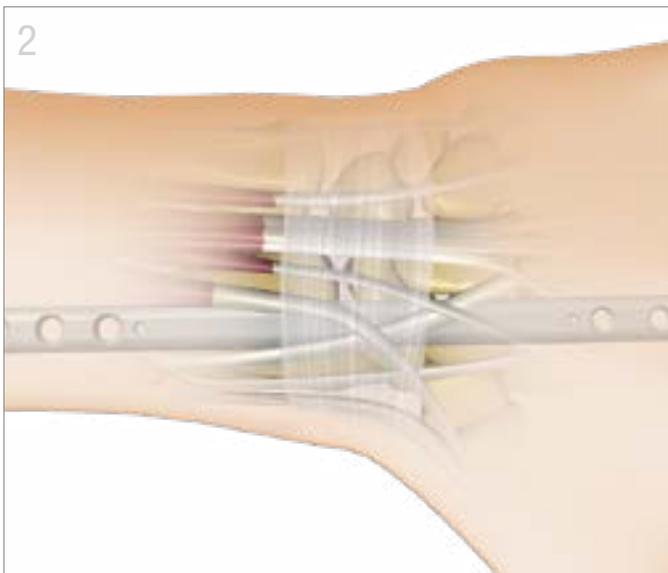
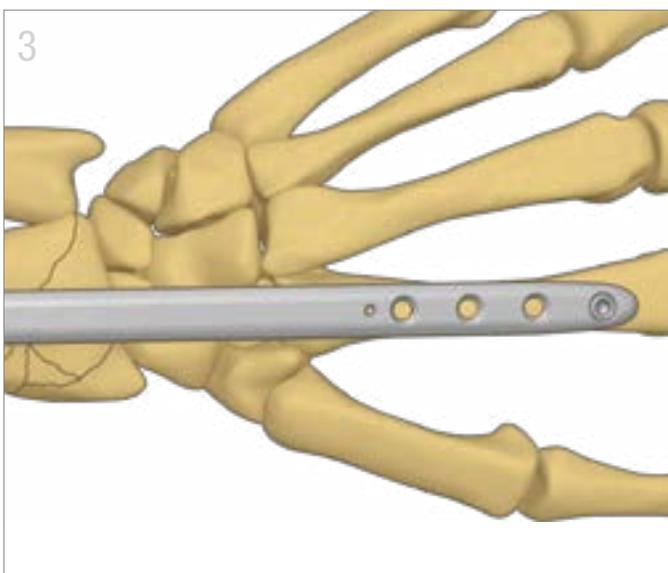


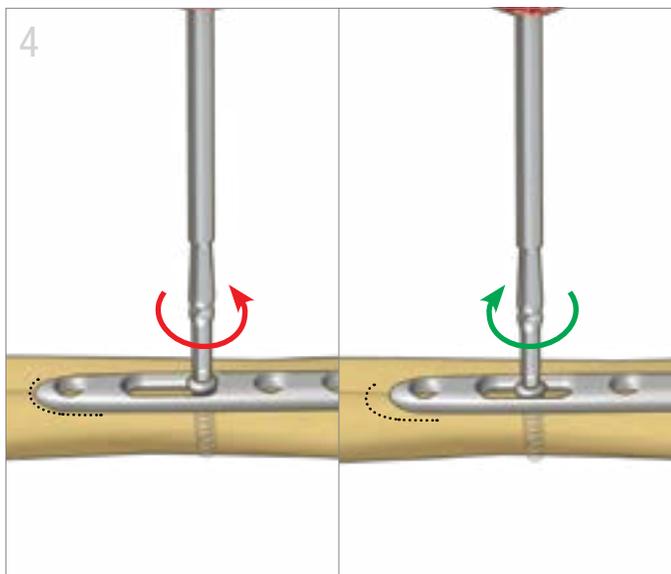
Plate Insertion

- Using the Bridge Plate Inserter, insert plate from proximal to distal, or from distal to proximal.
- Pass the plate under the extensor tendons along the surface of the bone until it appears through the opposite incision.



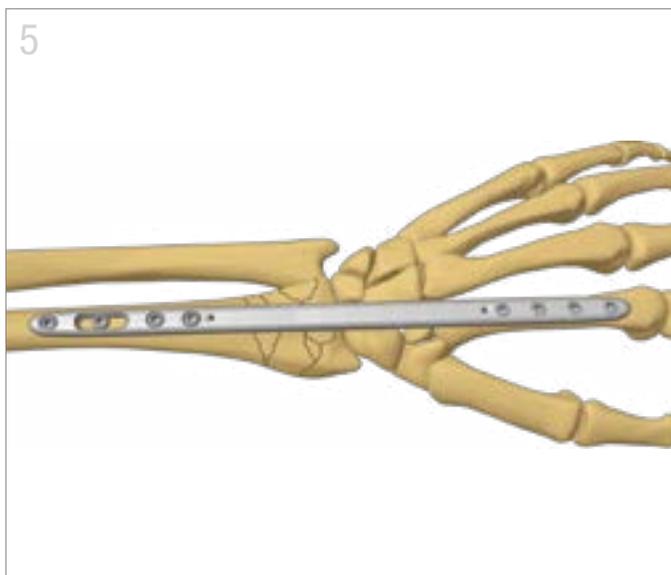
Provisional Distal Fixation

- Position the plate over the desired metacarpal to allow placement of distal 2.7mm screws.
- Place a non-locking 2.7mm screw using a 2.0mm (yellow) drill in the most distal hole to lag the plate to bone.



Secure Plate and Restore Length

- With the wrist in neutral rotation, center the plate over the metacarpal and the radial shaft.
- Place a non-locking 3.2mm screw using a 2.3mm (red) drill into the distal end of the slotted hole.
- To gain additional length, loosen screw 1/4 turn, apply traction and retighten screw.



Final Fixation

- Secure the plate by placing additional screws
 - 2.7mm locking or non-locking screws distally
 - 3.2mm locking or non-locking screws proximally

Note: When using locking drill guides or quick guides ensure installment and placement is concentric to the screw hole. Off-axis guide placement can result in screws not locking into the plate; locking screws can only be used on-axis.

TIPS

- Displaced or unstable volar ulnar corner, dorsal ulnar corner, or die-punch fragments may require augmented fixation.
- Buttress Pins™, Hook Plates™, or Pin Plates™ can be used as adjunct fixation to a Bridge Plate.



All implants made from surgical grade stainless steel

Screw Table				
	Cortical Screw, 2.7mm	Locking Screw, 2.7mm	Cortical Screw, 3.2mm	Locking Screw, 3.2mm
	HEX2.7-XX	LCBS2.7-XX	HEX3.2-XX	LHEX3.2-XX
Length	08-18mm*	08-18mm*	08-20mm* 11-15mm**	10-20mm*
Drill	● 2.0mm		● 2.3mm	
Guide	GUIDE-2.0/2.7	GUIDELCBS-2.0	GUIDE-2.3/3.2	GUIDEQ-2.3
Driver	2.0mm HEX		2.5mm HEX	

* 2mm increments ** 1mm increments

Bridge Plate

BRGP



Bridge Plate Inserter

INSRTR-BRG



Quick Guide

GUIDEQ-2.3



Drill Guide

GUIDELCBS-2.0



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The technique presented is one suggested surgical technique. The decision to use a specific implant and the surgical technique must be based on sound medical judgment by the surgeon that takes into consideration factors such as the circumstances and configuration of the injury.

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For indications, contraindications, warnings and precautions related to TriMed Wrist Fixation System reference IFU on trimedortho.com/ifu.

See trimedortho.com/patents for all patent information.