Bridge Plate
Surgical Technique | TriMed Wrist Fixation System
Exposure

- Perform closed reduction with traction.
- Make an incision over the midshaft of either the 2\textsuperscript{nd} or 3\textsuperscript{rd} metacarpal.
- A second incision is made just proximal to the thumb outcropping muscles. Expose the radial shaft.
- An optional 3\textsuperscript{rd} 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.

Indications, contraindications, warnings and precautions related to TriMed Bridge Plate reference IFU, LC-73-0004-008.

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

<table>
<thead>
<tr>
<th></th>
<th>2.7mm</th>
<th>2.7mm</th>
<th>3.2mm</th>
<th>3.2mm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Length</strong></td>
<td>08-18mm*</td>
<td>08-18mm*</td>
<td>08-20mm*</td>
<td>10-20mm*</td>
</tr>
<tr>
<td><strong>Drill</strong></td>
<td>2.0mm</td>
<td>2.3mm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Guide</strong></td>
<td>GUIDE-2.0/2.7</td>
<td>GUIDELCBS-2.0</td>
<td>GUIDE-2.3/2.5</td>
<td>GUIDELCBS-2.0</td>
</tr>
<tr>
<td><strong>Driver</strong></td>
<td>2.0mm HEX</td>
<td>2.5mm HEX</td>
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</tbody>
</table>

* 2mm increments  ** 1mm increments

#### Bridge Plate

**BRGP**

#### Bridge Plate Inserter

**INSTR-BRG**

#### Quick Guide

**GUIDEQ-2.3**

#### Drill Guide

**GUIDELCBS-2.0**