Volar Hook Plate
Surgical Technique | TriMed Wrist Fixation System
Exposure and Reduction

- Reflect the pronator quadratus and expose distally up to 1-2mm beyond the distal radial ridge.
- Reduce the fracture and temporarily fix with K-wires as needed.
- Apply the Volar Drill Guide in the desired position. (see note 1)

Stabilize Guide and Check Position

- Insert a 1.1mm (0.045") K-wire through the central distal hole of the guide to verify hook positions.
- Insert a second K-wire through the center block to verify position of the locking peg. (see note 2)
- Confirm the K-wire positions with a 10° lateral X-ray.

Drill Distal Holes

- Cut the distal K-wire about 30mm (3 sets of stripes) above the guide.
- Drill the two outer holes at the distal end of the guide with a 1.8mm (blue) drill.
- Remove the K-wire from the center block of the guide and slide the guide off the distal K-wire.

Notes:
1. The Extender Guide can be used as a handle for the drill guide.
2. A K-wire inserted into a proximal hole of the guide can be used to help guide the edge of the implant into position proximally.
Insert Volar Hook Plate

- Using the assembly slot in the caddy, secure the impactor onto the plate with the set screw.
- Engage the cannula of the impactor over the distal guide wire and guide the hooks into the drilled holes.
- Seat implant to bone.

Drill Locking Peg

- Secure the plate proximally with a 2.3mm screw in the proximal slotted hole.
- Unscrew the impactor handle and remove the distal K-wire.
- Drill a hole for the distal subchondral (locking peg) through the center of the cannulated set screw.
- Disengage the set screw from the plate to remove the impactor, measure and insert the subchondral locking peg.

Complete Fixation

- Complete proximal fixation with 2.3mm cortical screws.
- Apply additional plates as needed.

Indications, contraindications, warnings and precautions related to TriMed Wrist Hook Plates reference IFU, LC-73-0004-008.
All implants made from surgical grade stainless steel

Volar Hook Plate
WHV-4
WHV-6

Volar Drill Guide
GDWHV-1.8

Screw and Pegs
TRX2.3-xx
10mm to 32mm

TPEG-xx
14mm to 32mm

UPEG-xx
14mm to 28mm

Impactor
IMPCT-WHV

K-Wire
WIRE-1.1/100

Extender Guide
XTNDRGUIDE

X-Rays courtesy of Ed Rowland, MD