Ankle Hook Plate™

Surgical Technique | TriMed Ankle Fixation System™
Exposure and Initial Reduction

- Expose the lateral malleolus with a mid-lateral incision.
- Manually reduce the fracture to restore length and axial alignment. Temporarily hold reduction.
- Hold the referencing loop of the Hook Plate Drill Guide firmly on the bone surface with thumb. Drill two holes through the outer cortex of the lateral malleolus with a 2.0mm (yellow) drill.

Inserting Hook Plate

- Engage the hooks of the plate into the drill holes in the tip of lateral malleolus.

Seating Plate

- Seat the Impactor between the two hooks and impact the plate into distal fragments.
- Adjust the reduction and place a 3.2mm cortical bone screw into the slotted hole.
 Technique for Additional Compression

- After securing distal fragment, place a 3.2mm cortical bone screw in the end of the slotted hole farthest from the fracture. Do not completely seat against the plate.
- Engage the driver tip of the Expander/Compression Tool into the screw head. Insert the hook of the Expander/Compression Tool in the adjacent empty screw hole away from the fracture/osteotomy.
- Gently squeeze the Expander/Compression Tool to obtain desired compression. Tighten the slotted hole screw.

Final Fixation

- Place additional 3.8mm cancellous screws into the distal fragment as needed.
- Use the Expander/Compression tool to compress the fracture as indicated (see Tips).
- Complete fixation of the proximal fragment with 3.2mm cortical bone screws.
Ankle Hook Plate™
HOOK-4
HOOK-6
HOOK-8
HOOK-10*
HOOK-12*
*Special Order

Expander/ Compression Tool
XPANDR

Cortical Screw
HEX3.2-xx
8mm to 40mm

Ankle Hook Plate Drill Guide
GDAHOOK-2.0

Cortical Locking Screw
LCBS3.2-xx
8mm to 24mm

Impactor
IMPCT-SLED

Cancellous Screw
CAB3.8-xx
10mm to 40mm

TriMed Ankle Fixation System™

Ankle Hook Plate™
Medial Malleolar Sled™
Sidewinder™

All implants made from surgical grade stainless steel