Exposure and Reduction

- Expose the calcaneus using a standard sinus tarsi incision 5mm inferior to the distal tip of the fibula towards the 4th metatarsal base.
- Reduce fracture and temporarily fix with pins as needed.

Posterior Facet Stabilization

- After the posterior facet has been reduced, drill using a 2.3mm (red) drill aiming for the sustentaculum. If compression is required, use 3.2mm (white) drill to over-drill the proximal fragment.
- Insert appropriate length 3.2mm screw. If desired, repeat steps above to place a second screw parallel to the first. Confirm screw placement with fluoroscopy.

Plate Application

- Use an elevator to separate soft tissue from the lateral calcaneal wall.
- Select appropriately sized one- or two-limb sinus tarsi plate.
- Insert plate and temporarily secure with K-wires. Using the 2.3mm (red) drill, place either locking screws with the screw-in guide (GUIDELCBS-2.3) or non-locking screws with the standard guide (GUIDE-2.3/3.2).
Screw Insertion

- Insert 3.2mm cortical locking or non-locking screws into corresponding screw holes through incision site.
- Use the “perfect circle” freehand technique to make stab incisions to insert remaining screws percutaneously.

Bearing Positioning

- Aim guide to desired position between previously placed screws to support the posterior facet. Finger tighten guide to lock. Remove extender handle and insert 1.1mm K-wire to confirm the trajectory of the peg on C-arm.
- Measure appropriate length with wire gauge. Drill over 1.1mm K-wire with 2.1mm cannulated drill (yellow). Remove K-wire. Insert the 2.3mm pegs (up to 36° angulation).

Final Fixation

- Repeat insertion steps above to complete fixation with additional pegs as needed.
- Confirm that all screws and pegs are fully seated prior to closing incision.
• The Bearing Reduction Tool can be used to re-establish the alignment of the bearings to the drilled holes before inserting the pegs.

**Sinus Tarsi Plate**

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**Drill Guide**

- GUIDELCBS-2.3
- PEG-GUIDE

**Peg Extender**

- PEG-XTNDR

**Cortical Screw**

- HEX3.2-xx
- 18mm to 54mm

**Smooth Locking Peg**

- SPEG2.3-xx
- 24mm to 50mm

**Cortical Locking Screw**

- LCBS3.2-xx
- 18mm to 54mm

**Bearing Reduction Tool**

- BRT

**X-RAYS**

- Lateral
- AP
- Lateral
- AP