5th Metatarsal Hook Plate
Surgical Technique | TriMed Fifth Metatarsal System
**Exposure and Initial Reduction**
- Expose the tuberosity of the fifth metatarsal.
- Manually reduce and stabilize the fracture with two K-wires or a bone clamp.
- Apply the 5th Met Hook Plate Drill Guide flush against the bone and drill two holes through the outer cortex with a 1.8mm (blue) drill for hooks.

**Hook Plate Insertion**
- Engage the hooks of the plate into the holes at the tip of the fifth metatarsal.
- With the 5th Met Hook Plate Impactor, completely seat the plate against the bone.

**Securing Plate**
- Insert a 2.3mm screw bicortically into the distal end of the slotted hole using a 1.8mm (blue) drill and 1.8/2.3mm Drill Guide.

Tip: Drill and place screw at 90° to properly use Expander/Compression tool.
Expander/Compression Tool

- Insert screwdriver tip of the Expander/Compression Tool into screw head and engage jaw into the adjacent screw hole away from the fracture or osteotomy.
- Loosen screw 1/4 turn.
- Gently squeeze the Expander/Compression Tool to obtain the desired compression. Tighten screw.

Final Fixation

- Complete the fixation with additional 2.3mm screws as needed.
All implants made from surgical grade stainless steel

### 5th Metatarsal Hook Plate

- MHOOK-5
- MHOOK-7
- MHOOK-9*

* Special Order

### Expander/ Compression Tool

- XPANDR

### 5th Met Hook Plate Drill Guide, 1.8mm

- GDMHOOK-1.8

### 5th Met Hook Plate Impactor

- IMPCT-FMS

### Cortical Screws

- TRX2.3-xx
  - 7mm to 18mm

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.