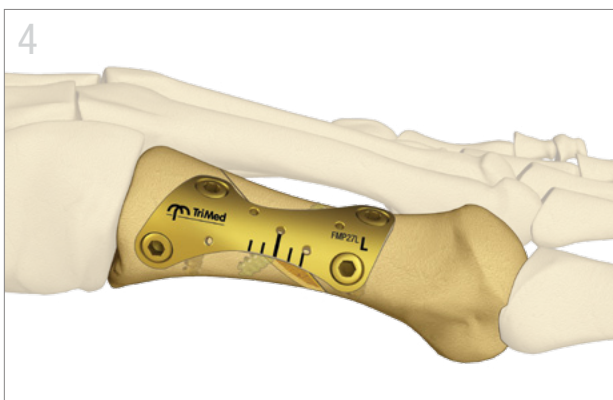
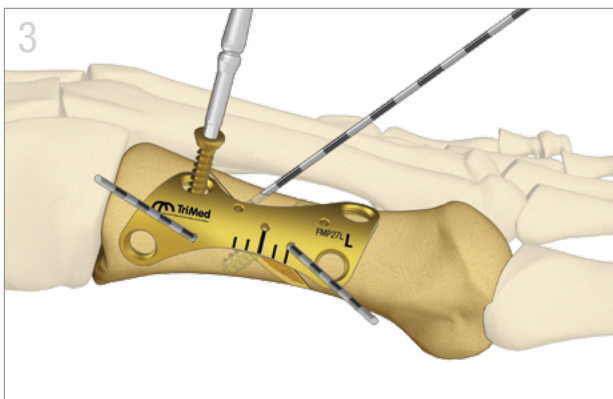
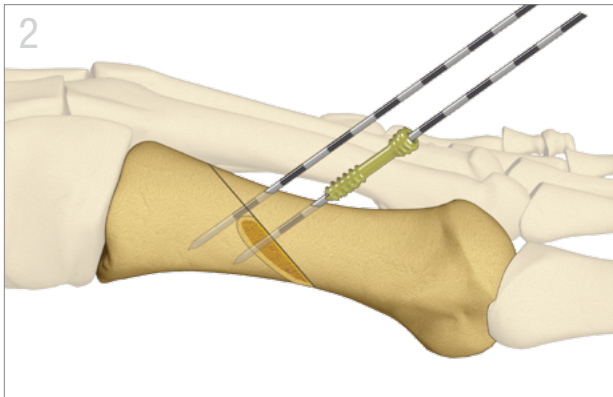
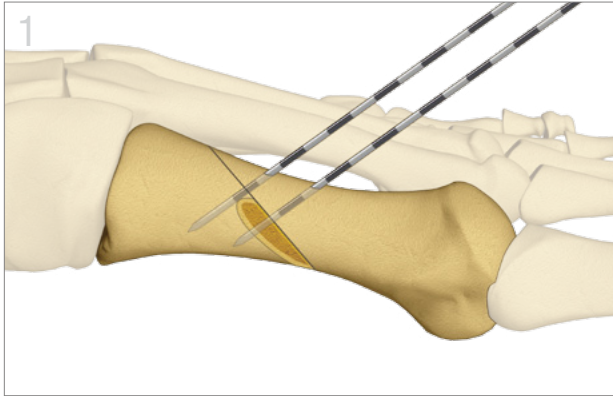




# 1st Met Plate

Surgical Technique | *TriMed Foot Plating System™*



## Exposure and Temporary Fixation

- Use standard medial incision to access the first metatarsal (1st MT). Perform resection of the dorsomedial eminence of the 1st MT head.
- Perform osteotomy (Ludloff shown), reposition distal 1st MT to reduce the first inter-metatarsal angle. Use K-wire for temporary fixation.
- Resect medial step defect on the proximal portion of the shaft.

## Screw Placement

- Using K-wire as a guide, drill, measure, and insert appropriate length lag or compression screw across osteotomy site.

## Plate Application

- Place plate over osteotomy site. Use drill guide with appropriate drill for desired screw size.
- Insert proximal screws first, then distal. Remove remaining k-wires

## Final Fixation

- Check final screw placement and reduction. If desired, osteotomy of the first phalanx may be performed at surgeon's discretion.