

Single Posterolateral Approach for Posterior Malleolus and Fibula.

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- 30 yr Lady
- H/O fall from a bridge- 30 feet height
- Closed injury
- No neurovascular injury
- No systemic injury.

Fracture dislocation Left ankle



Suggested management protocol

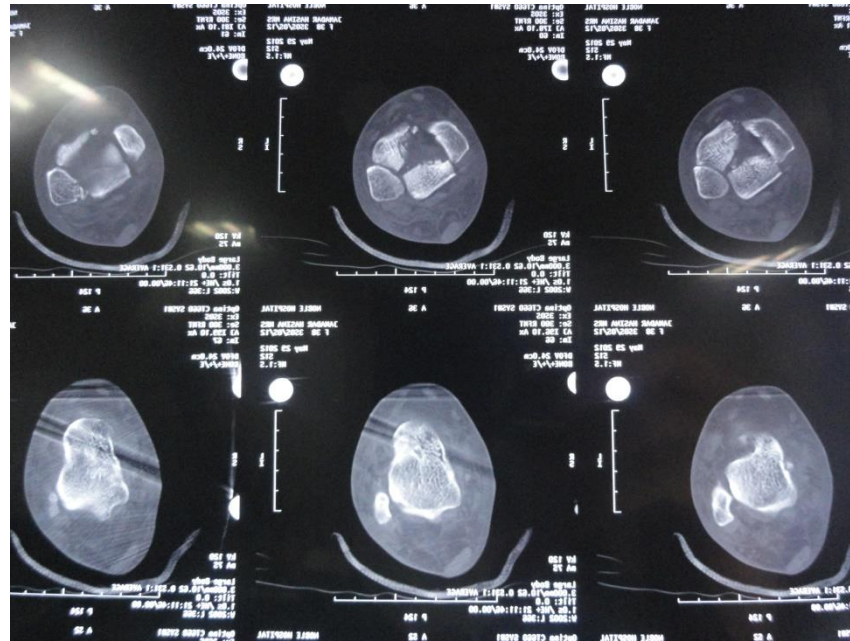
- Span- Scan - Plan

Span

Reduction done and Ex Fixator applied



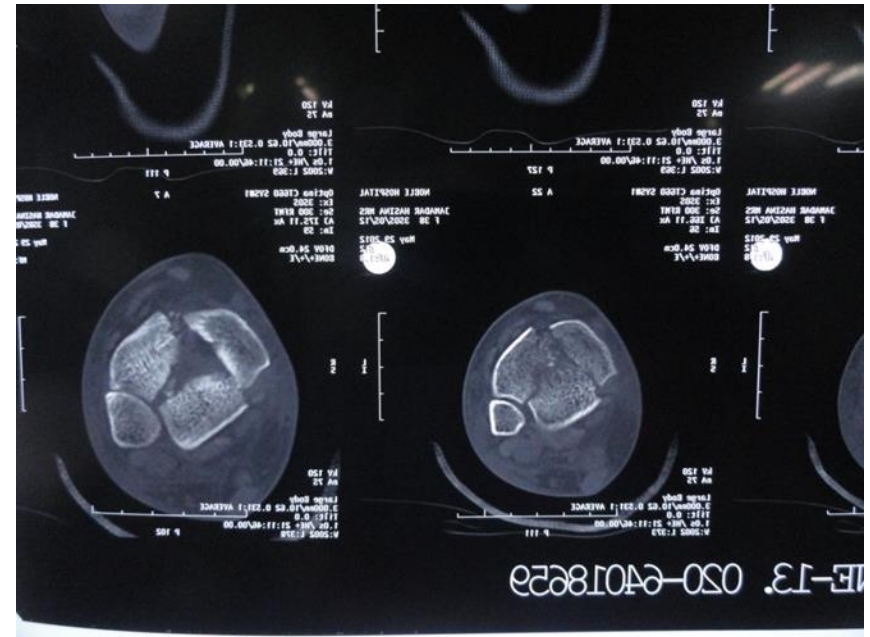
Scan



Plan

- Wait till soft tissues settle
- Fragments identified
 - Posterior malleolus
 - Lateral malleolus
 - Medial malleolus

Surgery was planned 12 days after fall.

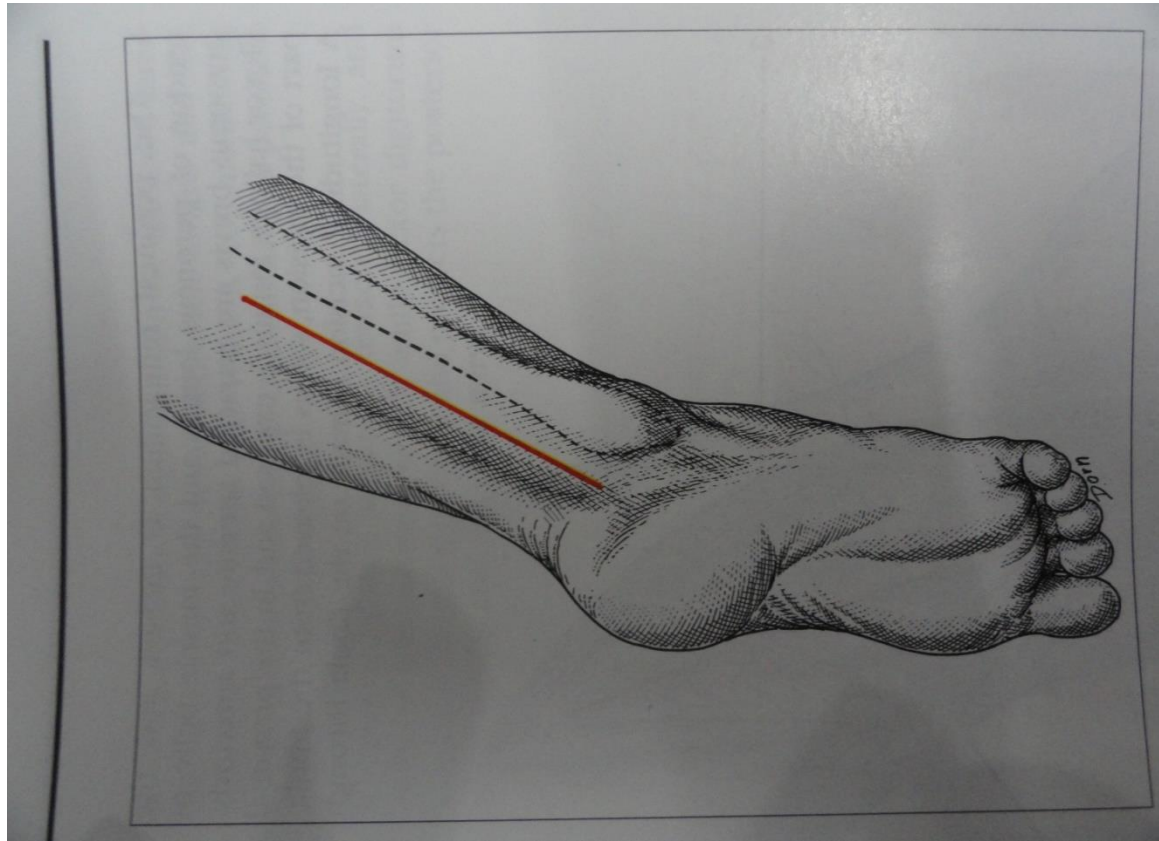


Position

Helpful to access Medially and Posterolaterally



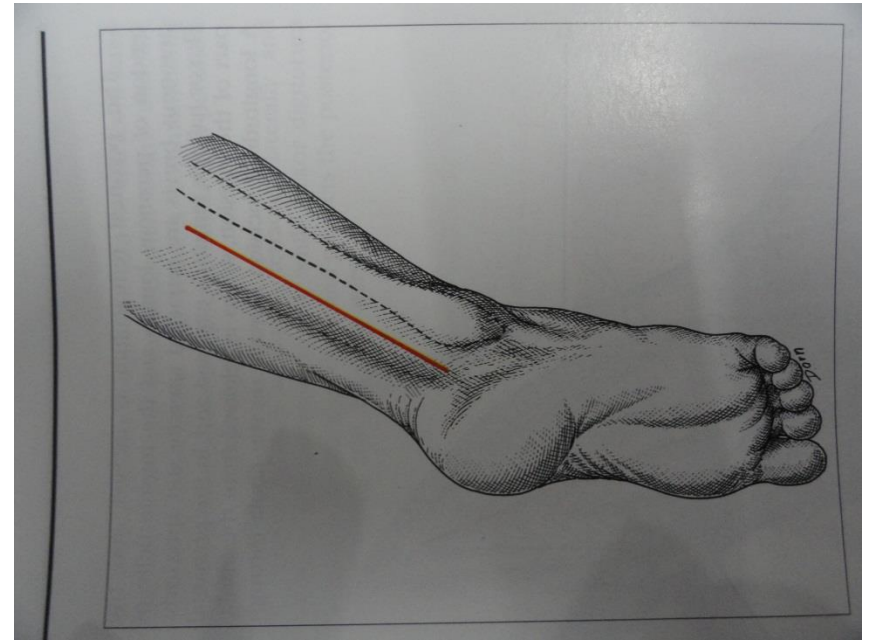
Anatomical landmarks



Incision

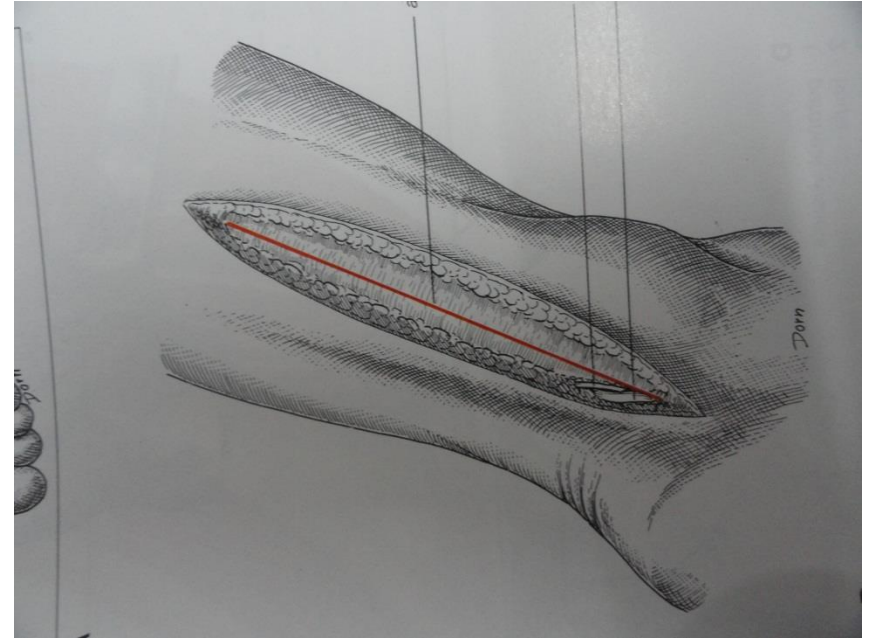
Incision Posterolateral to Fibula

Pl take care of the Sural nerve

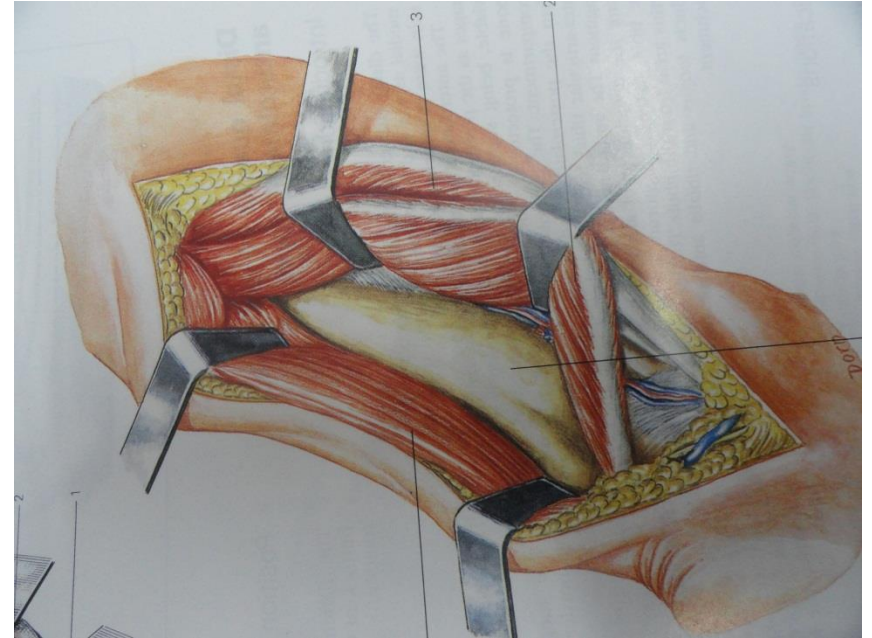


Sup Dissection

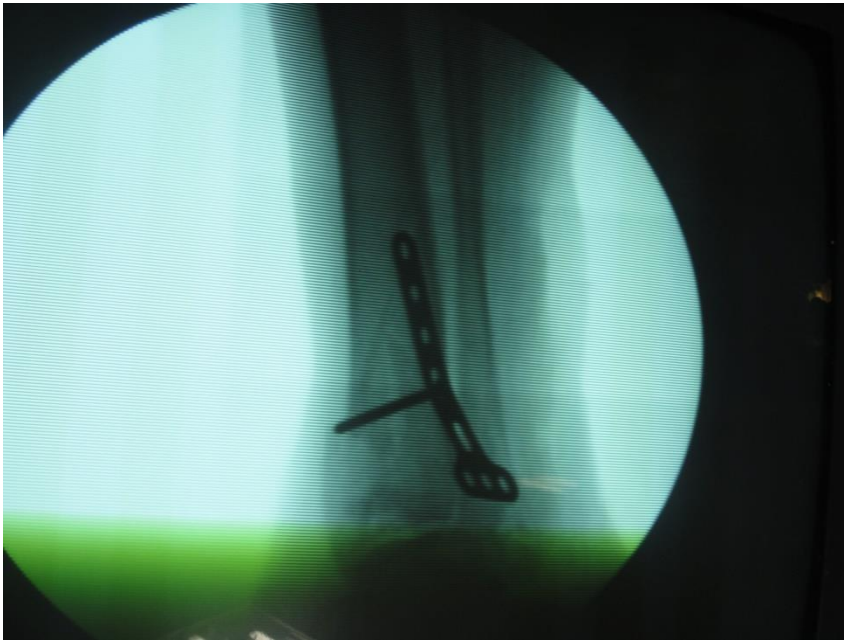
On either side of Peronei



Deep dissection Between Peronei and FHL

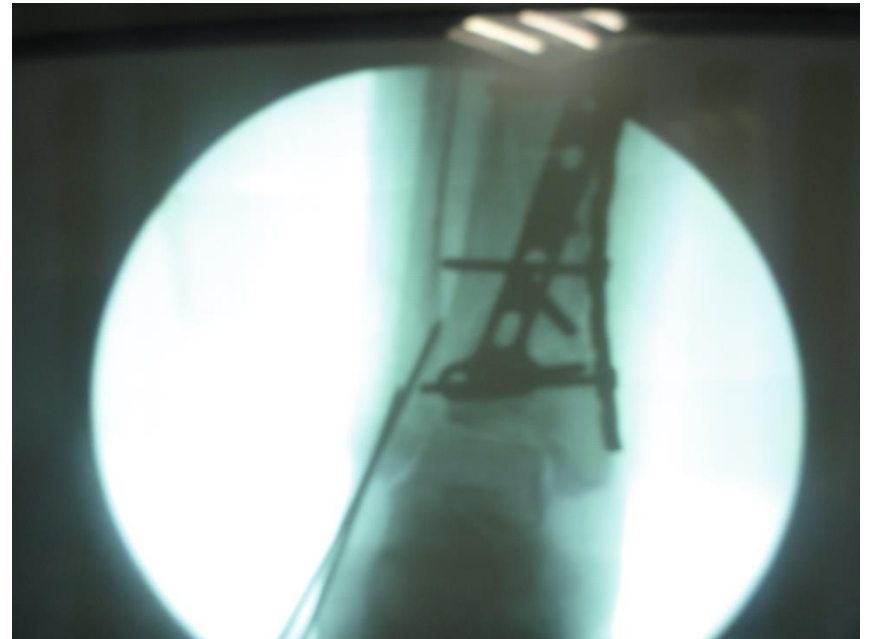


Under contoured distal radius buttress plate applied



Please keep intact Posterior Inferior Tibiofibular Ligament

Then Medial plate applied
Lateral malleolus TBW done



Post op Xrays



Post Op Oblique xrays



Soft tissue healing



Soft tissue healing



Range of movements

Near normal



7 yr Follow up Xray



Take home message

- Soft tissues are not seen on Xray.
- Span – scan - plan.
- Plan the approaches according to the fragments
- Single posterolateral approach can be taken to expose posterior malleolus and lateral malleolus.

References

- [J Foot Ankle Surg.](#) 2015 Jul-Aug;54(4):559-64. doi: 10.1053/j.jfas.2014.09.043. Epub 2014 Nov 1.

Single Oblique Posterolateral Approach for Open Reduction and Internal Fixation of Posterior Malleolar Fractures With an Associated Lateral Malleolar Fracture.

[Choi JY](#)¹, [Kim JH](#)¹, [Ko HT](#)¹, [Suh JS](#)²

References

- Posterolateral Approach to the Displaced Posterior Malleolus: Functional Outcome and Local Morbidity
- Jens Forberger, Philipp V. Sabandal, Michael Dietrich, Jan Gralla, Thomas Lattmann, and Andreas Platz
- Foot Ankle Int, April 2009; vol. 30, 4: pp. 309-314.

References

- Location of the Sural Nerve During Posterolateral Approach to the Ankle
- Andrew J. L. Jowett, Faraz T. Sheikh, Roxanne O. Carare, and Mark I. Goodwin
- Foot Ankle Int, October 2010; vol. 31, 10: pp. 880-883.