Why continue to fight the forces of your proximal third tibia fractures?
Challenges with tibial nailing

Malalignment\(^1\)

- **58%**
- **7%**
- **8%**

<table>
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<tr>
<th>Proximal third</th>
<th>Middle third</th>
<th>Distal third</th>
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133 tibia nailing cases showed 58% of proximal tibia fractures were malaligned (≥5° angulation)\(^1\)

Challenges with malunions

Malunion has the potential to alter the contact areas in the adjacent knee and ankle joint, increasing the risk of cartilage degeneration and degenerative joint disease.\(^2,3\)

Solution

**Nailing in semi-extension**: Utilizing the semi-extended approach leads to less pull from the quadriceps muscle, helping to avoid fracture malreductions and malalignment.\(^2,3\)
**Easy alignment**

When dealing with proximal tibia fractures, a common issue is forced angulation. The semi-extended position allows for neutralization of the pulling forces of the quadriceps tendon.\(^2\)

Without these pulling forces the fracture **naturally reduces**, leading to **less malalignment**.\(^2\)

**Simplified procedure**

Simple C-Arm alignment for M/L and A/P views due to leg position.

Leg positioning does not need to change for freehand distal locking.

**Easy reaming and guide wire placement** since they do not have to be raised in the air over hyper-flexed knee.

There is no need for triangles or other aids to force the position of the leg.

In the semi-extended position only **bumps are needed for the procedure**.
Enhanced fixation

Threaded holes combined with a multiplanar screw configuration offer a stable, locked construct.

Up to 7mm of active compression possible through proximal dynamization slot.

Proximally located 10° Herzog Bend eases implant insertion and minimizes fracture displacement during implantation.

References