
Table of Contents

Contributors	XVII
1 General Aspects of External Fixation	1
1.1 Introduction	1
1.2 Historical Background and Classification	1
1.3 Advantages and Disadvantages, Indications and Contraindications	5
1.4 Equipment	6
1.5 General Terms for External Fixation Constructs	6
1.6 Biomechanical Principles	12
1.6.1 Relationship Between the Transosseous Elements and the Surrounding Tissues	12
1.6.2 Control of Bone Fragment Position	13
1.6.2.1 Moving the External Supports with the Transosseous Modules Fixing the Bone Fragments	15
1.6.2.2 Moving the Transosseous Elements Relative to the External Supports; External Supports and Modules Remain Immobile	15
1.6.3 Control of Bone Fragment Rigidity	15
1.6.3.1 Material from which the Elements are Manufactured	15
1.6.3.2 Number of Transosseous Elements	15
1.6.3.3 Diameter and Type of Transosseous Elements	15
1.6.3.4 Wire Tension	22
1.6.3.5 Levels of Transosseous Element Insertion	22
1.6.3.6 Plane of Orientation of the Transosseous Elements	22
1.6.3.7 Distance from the Bone to the External Support	22
1.6.3.8 External Support Geometry	22
1.6.3.9 Number of Connecting Rods	22
1.7 Internal Contradictions in External Fixation: Combined External Fixation (CEF)	23
1.7.1 Method for the Unified Designation of External Fixation (MUDEF)	25
1.7.2 Use of Different Types of External Support and Transosseous Elements	25
1.7.3 Reference Positions	25
1.7.4 Minimum Number of External Supports and Transosseous Elements	25
1.7.5 Module Transformation	25
1.7.6 Computer Navigation	25
1.8 Method for the Unified Designation of External Fixation (MUDEF)	28
1.8.1 Introduction	28
1.8.2 Symbols Used	28
1.8.3 Coordinates	28
1.8.4 Levels	28
1.8.5 Positions	28
1.8.6 Designation of Transosseous Elements	33
1.8.7 Designation of K-wires	33
1.8.8 Designation of Half-Pins	34

1.8.9	Designation of the External Support Frame	34
1.8.10	Designation of the Whole Device	34
1.8.11	Additional Data	34
1.9	Atlas for Insertion of Transosseous Element Reference Positions	35
1.9.1	Upper arm (L.N. Solomin, R.E. Inyushin)	40
1.9.2	Ulna (L.N. Solomin, P.N. Kulesh)	49
1.9.2.1	Mid-position	50
1.9.2.2	Supination	58
1.9.2.3	Pronation	66
1.9.3	Radius (L.N. Solomin, P.N. Kulesh)	74
1.9.3.1	Mid-position	75
1.9.3.2	Supination	83
1.9.3.3	Pronation	91
1.9.4	Femur (L.N. Solomin, M.V. Andrianov)	99
1.9.5	Tibia (L.N. Solomin, D.A. Mykalo)	108
1.10	Preoperative Preparation	117
1.11	Principles of Frame Construction	118
1.11.1	Identification of Objectives	118
1.11.2	Identification of the Optimal Levels for Locating the External Supports	119
1.11.3	Identification of the Possible Transosseous Elements on the Basis of Safe Positions and Reference Positions	119
1.11.4	Identification of Transosseous Elements Best Suited to the Particular Clinical Situation	119
1.11.5	Selection of the Type and Size of External Support for Every Level of Transosseous Element Placement	119
1.11.6	Marking of the Selected Levels and Positions on the Segment for Transosseous Element Placement	121
1.11.7	Transosseous Element Insertion and External Support Installation	121
	References	124
	Suggested Reading	128
2	Specific Aspects of External Fixation	129
2.1	Introduction	129
2.2	Fractures of the Humerus	129
2.2.1	Proximal Humerus (11-)	131
2.2.2	Diaphyseal Fractures (12-)	134
2.2.2.1	Proximal Third	134
2.2.2.2	Middle Third	135
2.2.2.3	Distal Third	136
2.2.2.4	Radial Nerve Injury	136
2.2.3	Distal Humerus (13-)	138
2.3	Fractures of the Forearm	141
2.3.1	Proximal Forearm (21-)	144
2.3.2	Diaphyseal Fractures (22-)	145
2.3.2.1	Ulnar Diaphysis	145
2.3.2.2	Radial Diaphysis	150
2.3.2.3	Diaphysis of the Radius and Ulna	153
2.3.3	Distal Forearm (23-)	156
2.4	Fractures of the Femur	158
2.4.1	Proximal Femur (31-)	160
2.4.2	Diaphyseal Fractures (32-)	162
2.4.2.1	Proximal Third	162
2.4.2.2	Middle Third	164

2.4.2.3	Distal Third	165
2.4.3	Distal Femur (33-)	168
2.4.4	Patella (91.1-)	171
2.5	Fractures of the Tibia and Fibula	172
2.5.1	Proximal Tibia and Fibula (41-)	175
2.5.2	Diaphyseal Fractures (42-)	178
2.5.2.1	Proximal Third	178
2.5.2.2	Middle Third	179
2.5.2.3	Distal Third	179
2.5.3	Distal Tibia and Fibula (43-)	183
2.5.4	Ankle Injuries (44-)	184
2.5.5	Chronic Ankle Injuries	188
2.6	Compound Fractures	190
2.7	Malunited Fractures	198
2.8	Basic Principles of Correction of Long-Bone Deformities	201
2.8.1	Inequality in Length of the Extremities	201
2.8.2	Angular Deformities	204
2.8.3	Rotational Deformities	209
2.8.4	Technical Tips and Tricks for the Humerus and Forearm	209
2.9	Aesthetic Correction of the Lower Extremities (A.A. Artemiev, O.A. Kaplunov, L.N. Solomin)	218
2.9.1	Shape of the Legs	220
2.9.2	True Bow-Legs (Varus)	220
2.9.3	Volume and Contour of the Lower Legs	223
2.9.4	Growth and Length of the Lower Extremities	225
2.9.5	Complications	228
2.10	Nonunions, Pseudoarthroses and Long-Bone Defects	228
2.11	Combined Strained Fixation of the Long Bones	236
2.11.1	Equipment for CSF and Principles of Application	237
2.11.2	Humerus	241
2.11.3	Femur	243
2.11.4	Tibia	244
2.11.5	Forearm	246
2.11.5.1	Ulna	246
2.11.5.2	Radius	248
2.11.5.3	Both Forearm Bones (Combinative Fixation)	249
2.11.6	Clavicle	251
2.11.6.1	External Fixation of the Clavicle	253
2.11.7	Postoperative Protocol	253
2.12	Pelvic Injuries (A.V. Runkov, L.N. Solomin)	256
2.12.1	Insertion of Transosseous Elements into the Pelvic Bones	256
2.12.2	Principles of Assembly of External Devices for Fixation of Pelvic Injuries	260
2.12.3	Surgical Technique	260
2.12.4	Osteosynthesis in Stable and Partially Stable Pelvic Injuries	260
2.12.5	Osteosynthesis in Vertical Unstable Pelvic Injuries	263
2.12.6	External Fixation of Fractures of the Acetabulum	266
2.12.7	Postoperative Recommendations	268
2.12.8	External Fixation of Malunited Pelvic Fractures	269
2.13	Foot	274
2.13.1	Forefoot Injuries	274
2.13.2	Midfoot Injuries	275
2.13.3	Hindfoot Injuries	277
2.13.3.1	External Fixation of Talus Fractures	277
2.13.3.2	External Fixation of Calcaneal Fractures	277

2.13.4	Correction of Foot Deformities	279
2.14	Large Joint Pathology	283
2.14.1	Shoulder	283
2.14.2	Elbow	285
2.14.3	Wrist	288
2.14.4	Hip	289
2.14.5	Knee	291
2.14.6	Ankle	298
2.15	Infectious Complications of Long-Bone Fractures	301
2.16	External Fixation in Children, the Elderly and the Senile	303
2.17	General Principles of Patient Management in the Postoperative Period	305
2.17.1	Position in Bed	306
2.17.2	Anaesthesia	306
2.17.3	Dressings	306
2.17.4	Exercise Therapy	307
2.17.5	Physio- and Pharmacotherapy	307
2.17.6	Biomechanical Device State	307
2.17.7	Outpatient Treatment	309
2.17.8	Device Removal	319
2.18	Mistakes and Complications of External Fixation	320
	References	326
	Suggested Reading	331
3	Appendix 1: Method for the Definition of “Reference Positions” for the Insertion of Transosseous Elements	333
3.1	Introduction	333
3.2	Main Principles for the Determination of Positions with Minimum Displacement of Soft Tissues	333
3.2.1	Skin Displacement Evaluation	334
3.2.2	Fascia Displacement Evaluation	335
3.2.3	Muscle Displacement Evaluation	335
3.3	Determination of Positions with Minimum Soft-Tissue Displacement	335
3.3.1	Femur (L.N. Solomin, M.V. Andrianov)	335
3.3.2	Upper Arm (L.N. Solomin, R.E. Inyushin)	335
3.3.3	Lower Leg (L.N. Solomin, D. A. Mykalo)	337
3.3.4	Forearm (L.N. Solomin, P.N. Kulesh)	337
4	Appendix 2: Method for Rigidity Testing of External Fixation Assemblies (P.I. Begun, V.A. Nazarov, L.N. Solomin)	341
4.1	Introduction	341
4.2	Indications and Contraindications	341
4.3	General Theoretical Principles	341
4.3.1	Transosseous Module Classification	341
4.3.2	Method for the Unified Designation of External Fixation	342
4.3.3	Modelling the Displacing Forces	343
4.3.4	Primary Standard for Rigidity of Transosseous Modules	345
4.4	Experimental Procedures	345
4.4.1	Investigating rigidity of the transosseous modules of the first (M1) and second (M2) order	345
4.4.1.1	Longitudinal Rigidity	345
4.4.1.2	Rotational Rigidity	346
4.4.1.3	Transverse Rigidity	346
4.4.1.4	Transverse Rigidity in the Frontal Plane when Modelling Abduction and Adduction	347

4.4.2	Investigating the Rigidity of Third-Order Modules (M3)	347
4.4.2.1	Rotational Rigidity	347
4.4.2.2	Transverse Rigidity	348
4.4.2.3	Transverse Rigidity in the Frontal Plane when Modelling Abduction and Adduction	348
Index		351