

## **The treatment of proximal tibial fractures with monolateral external fixation.**

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According to a large variety of injury pattern, fractures of the proximal tibia can present different problems on their management. In the past open reduction and internal fixation has been the treatment of choice for the majority of unstable fractures. Having this been problematic in some of the more complex fractures, other strategies have been introduced with focus on obtaining stabilisation with minimal additional soft tissue damage. It is there where the application of external fixators has come to play a major role. In particular the monolateral fixator is being employed in the early stages of treatment of severe fractures, with associated soft tissue problems and in the management of the polytraumatised patient.

It can also be employed as definitive fixation in selected injuries, where has demonstrated the ability to provide adequate stabilisation, allowing early mobilisation and promoting fracture healing.