

The treatment of distal tibial fractures with monolateral external fixation.

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The deployment of external fixators on the management of distal tibial fractures has become increasingly popular in the last two decades. They have been widely used in the treatment of extra-articular fractures as well as in conjunction with internal fixation techniques in displaced intra-articular fractures. The technique emphasizes the advantages of minimal invasivity. The preservation of the soft tissue envelope in particular in high-energy injuries minimises the risk of infection. The stability offered provides the conditions required to achieve healing. The monolateral external fixation can be successfully used in a variety of such fractures as temporary or definitive method of treatment. According to such aim the fixator configuration and application technique will vary.