THE ONLY Volar PLATE DESIGNED
FOR BOTH DORSAL AND VOLAR FRACTURES

THE ANATOMICAL DVR SURGICAL TECHNIQUE

- Optimized Distal Fixation Through Double-tiered Subchondral Support
- Anatomically Contoured Distal Surface
- Temporary K-Wire Fixation
Double-tiered peg support of entire articular surface

**Distal fixation options:**
- Smooth pegs offer the strongest support
- Threaded Pegs to lag dorsal fragments
- Cancellous screws for volar fractures
**Introduction**

- The DVR plate provides stable internal fixation for the treatment of most fractures and deformities of the distal radius
- Volar placement prevents tendon problems, preserves dorsal tissues and allows the use of ligamentotaxis to aid reduction
- Anatomically distributed subchondral support pegs secure the distal fragments and robust plate design allows early functional use of the hand

**Indications**

- The DVR Plate is indicated for the volar fixation of distal radius fractures unstable in either dorsal or volar direction and for the fixation of osteotomies

**Surgical Approaches**

- Simple and acute fractures can be treated through the standard FCR approach
- Intraarticular fractures, nascent malunions and established malunions are best managed through the extended form of the FCR approach
**Incision**

- Make an incision approximately 8cm to 10cm. long and over the course of the FCR tendon
- Zig-zag across the wrist flexion creases

**RELEASE THE FCR TENDON SHEATH**

- Expose and open the sheath of the FCR tendon
- Dissect distally to the level of the superficial Radial Artery
CROSSING THE DEEP FASCIA

- Retract the tendon to the ulnar side and protect the median nerve
- Incise through the floor of the sheath to gain access to the deeper levels
- Split the sheath of the FCR tendon distally to the level of the tuberosity of the scaphoid

MID-LEVEL DISSECTION

- Develop the plane between the FPL and the radial septum and reach the surface of the radius
- Develop widely the subtendinous space of Parona and expose the Pronator Quadratus
• Release the PQ muscle with an L-shaped incision and lift it from its bed to expose the volar surface of the radius. The volar cortex is thick and the fracture line is usually simple, facilitating reduction.

• The pronator quadratus is frequently ruptured.

• The origin of the FPL muscle can be partially released for added exposure.

THE RADIAL SEPTUM

• Near the styloid process, the radial septum becomes a complex fascial structure which includes the first extensor compartment, the insertion of the brachioradialis and the distal part of the FCR tendon sheath.
THE EXTENDED FCR APPROACH

- Pronation of the proximal fragment provides intrafocal exposure
- This approach is particularly useful when a thorough debridement of a dorsally displaced fracture or access to displaced articular fragments is necessary

THE FIRST EXTENSOR COMPARTMENT AND BRACHIORADIALIS

- Open the first extensor compartment and retract the APL and EPB tendons
- Release the insertion of the brachioradialis which is found on the floor of this compartment
- Preserve the radial artery
RELEASE OF THE PROXIMAL FRAGMENT

- Release the radial and dorsal aspects of the proximal fragment
- Preserve the soft tissue attachments to the medial aspect where the anterior interosseous vessels are located

PRONATION OF THE PROXIMAL FRAGMENT

- Using the fracture plane, obtain intrafocal exposure by pronating the proximal fragment out of the way. A bone clamp facilitates this maneuver
• The Extended FCR Approach allows the debridement of fracture callus and the reduction of complex articular fracture patterns

• After fracture debridement, reduction is obtained using indirect means such as traction, ligamentotaxis and direct pressure over displaced fragments

• For most fractures, a properly applied bolster is sufficient to maintain reduction during plate application
STANDARD FIXATION TECHNIQUE

- Decide the correct position for the plate by judging how it conforms to the volar surface. Secure the plate to the proximal fragment with either a cortical screw in the oblong hole or with a temporary k-wire.

- Reduce the distal fragment to the plate and secure it with either a k-wire or a single peg applied on the ulnar side of the proximal peg row.

- K-wires applied through the holes on the proximal row guide peg placement.

- Confirm with fluoroscopy.
STANDARD FIXATION TECHNIQUE

- Exchange the proximal temporary K-wire for a 3.5 mm. cortical screw
- Bend the distal K-Wire to allow insertion of the drill guide

STANDARD FIXATION TECHNIQUE

- Drill with a 2mm. bit through the threaded drill guide to create the tract for the proximal row peg
Measure carefully the length of the proximal row pegs to prevent excessive length as this can cause extensor tendon irritation.

Apply the first peg on the ulnar side in order to stabilize the Lunate Fossa.

Use a threaded peg to capture dorsal comminuted fragments.
STANDARD FIXATION TECHNIQUE

- Always fill all the peg holes on the proximal peg row of the head of the implant as these provide the stability necessary to prevent dorsal re-displacement of the fracture.

- Use the distal row when there is extensive comminution or severe osteoporosis. The distal row provides added support to the central and volar aspect of the subchondral plate.

STANDARD FIXATION TECHNIQUE

- Before threading the drill guide to the distal row, it is necessary to provide clearance by countersinking with the 2.5 mm. drill.
• Apply the threaded drill guide and drill with the 2.0 mm bit
• Insert only 18 or 20 mm pegs on the distal row
• A 20-30 deg. lateral elevation view allows visualization of the articular surface, evaluation of volar tilt and confirmation of proper k-wire/peg placement 2-3 mm. below the subchondral plate.

• Finally, pronate and supinate the wrist under floroscopy to confirm that the length of each individual peg is correct.
A properly applied plate should not cover the volar lip of the radius to avoid coming in contact with flexor tendons.

The Pronator Quadratus should be repaired over the plate, this will add stability to the distal radio-ulnar joint.
• Obtain final radiographic views
• If significant force is necessary for reduction, it may be easier to first apply the plate to the distal fragment and then use the plate as a lever to obtain reduction. The most distal k-wire hole on the implant serves as a guide to assure correct alignment of the plate to the distal fragment.

• First drill a k-wire parallel to the articular surface in the lateral plane. Slide the plate over the K-wire down to the surface of the distal fragment. Then secure the plate to the distal fragment with pegs or more k-wires.
DISTAL FRAGMENT FIRST TECHNIQUE

- Reduce the deformity
- Apply pegs, screws and remove temporary k-wires
- Obtain radiographic confirmation
• Start immediate finger ROM and forearm rotation
• Allow early functional use of the hand for light ADLs
• Support the wrist according to bone quality and stability
PRODUCT ORDERING INFORMATION
TOLL FREE (800)800.8188 | TEL (305)412.8010 | FAX (305)412.8060 | WW.HANDINNOVATIONS.COM

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THE DRV-A IS ALSO AVAILABLE IN ADDITIONAL SIZES AND CONFIGURATIONS FOR SPECIAL CIRCUMSTANCES

1. DVRA (Standard) Length: 2.321" Head: 0.96"
2. DVRAX (Extended) Length: 3.501" Head: 0.96"
3. DVRAS (Short) Length: 1.998" Head: 0.96"
4. DVRAN (Narrow) Length: 2.234" Head: 0.85"
5. DVRAW (Wide) Length: 2.470" Head: 1.24"