Closed reduction and dynamic external fixation for fracture dislocations of the proximal interphalangeal joint

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PIP fracture dislocations

- Pain
- Stiffness
- Chronic instability
- Degenerative changes
Compass PIP Hinge

- Stability
- Distraction
- Passive ROM exercises
- Active ROM exercises
Operative technique
Operative technique
Operative technique
Operative technique
Operative technique
Operative technique
Postoperative care
Study

► 12 PIP fracture dislocations treated with closed reduction and Compass PIP Hinge
► Average age: 24 years old (range 16 to 42)
► Average time from injury to surgery: 31 days (range 0 to 59)
► Hinge was in place for average of 46 days
Results

► Visual analogue scale:
  - Average: 8.75
  - Range 8 to 10

► Average range of motion:
  - 5° of extension
  - 88° of flexion
Results

► 1 pin tract infection: responded well to short course of oral antibiotics

► 1 breakage of pin: only noticed at removal of the external fixator
Conclusion

A hinged external fixator gives satisfactory results for the treatment of fracture dislocations of the PIP joint.