

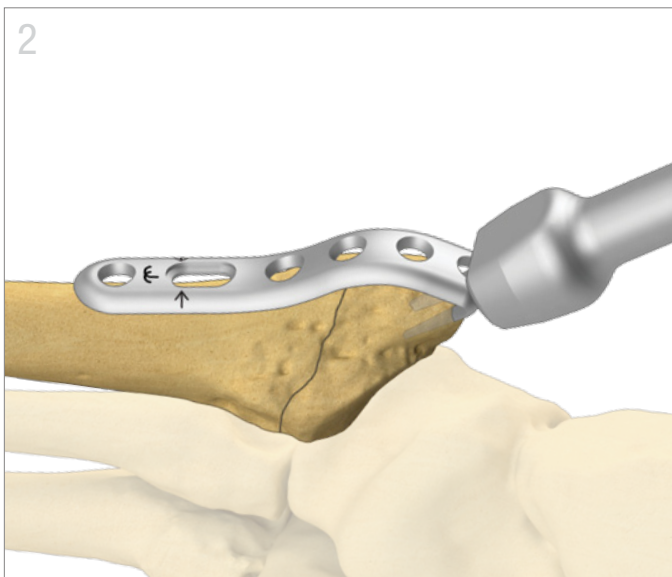
# 5<sup>th</sup> Metatarsal Hook Plate

Surgical Technique | *TriMed Fifth Metatarsal System*



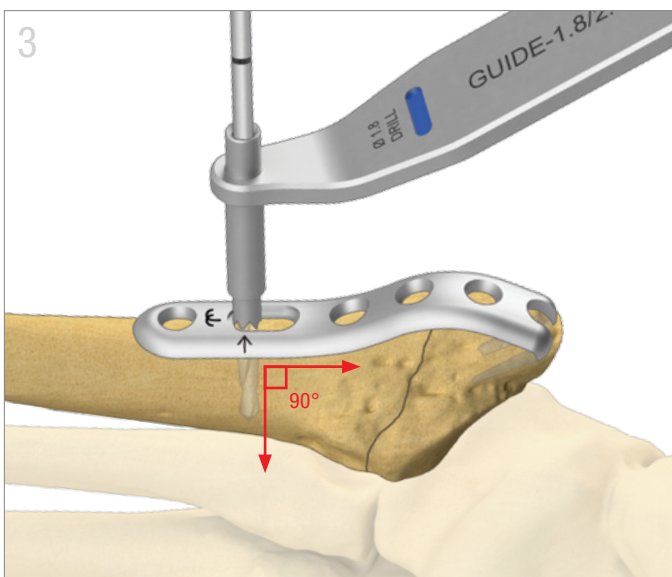
## Exposure and Initial Reduction

- Expose the tuberosity of the fifth metatarsal.
- Manually reduce and stabilize the fracture with two K-wires or a bone clamp.
- Apply the 5<sup>th</sup> Met Hook Plate Drill Guide flush against the bone and drill two holes through the outer cortex with a 1.8mm (blue) drill for hooks.



## Hook Plate Insertion

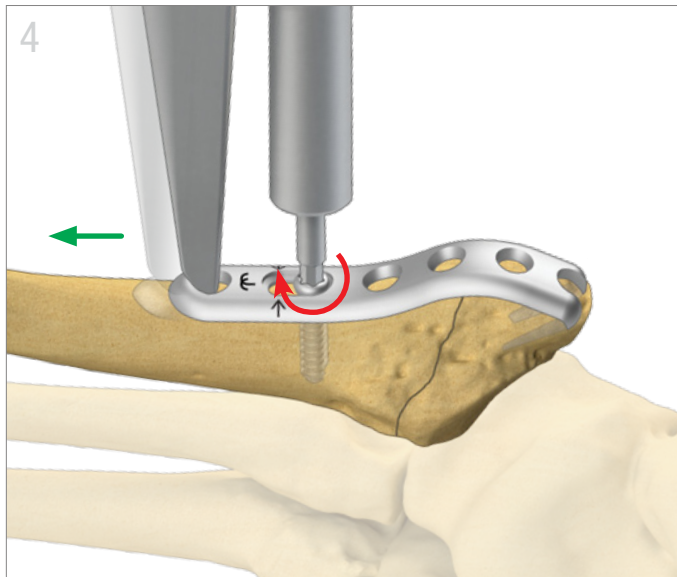
- Engage the hooks of the plate into the holes at the tip of the fifth metatarsal.
- With the 5<sup>th</sup> Met Hook Plate Impactor, completely seat the plate against the bone.



## Securing Plate

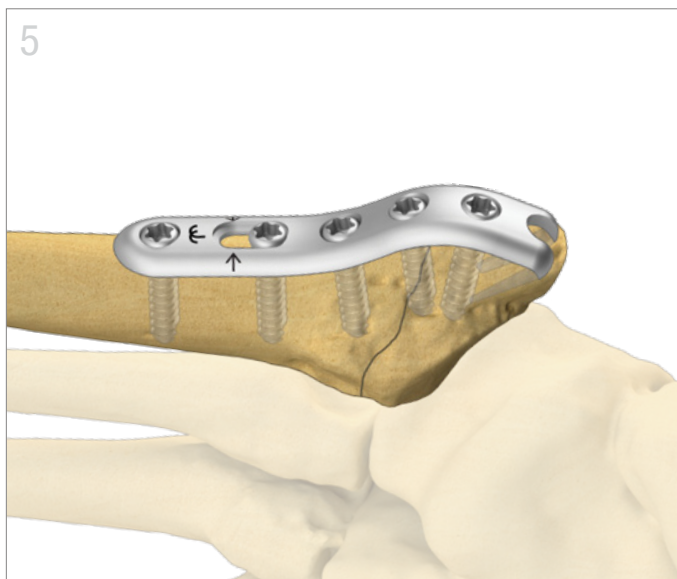
- Insert a 2.3mm screw bicortically into the distal end of the slotted hole using a 1.8mm (blue) drill and 1.8/2.3mm Drill Guide.

Tip: Drill and place screw at 90° to properly use Expander/Compression tool.



## Expander/Compression Tool

- Insert screwdriver tip of the Expander/Compression Tool into screw head and engage jaw into the adjacent screw hole away from the fracture or osteotomy.
- Loosen screw **1/4** turn.
- Gently squeeze the Expander/Compression Tool to obtain the desired compression. Tighten screw.



## Final Fixation

- Complete the fixation with additional 2.3mm screws as needed.

## X-RAYS



Pre-Op



Post-Op



Pre-Op



Post-Op

All implants made from surgical grade stainless steel

### 5<sup>th</sup> Metatarsal Hook Plate

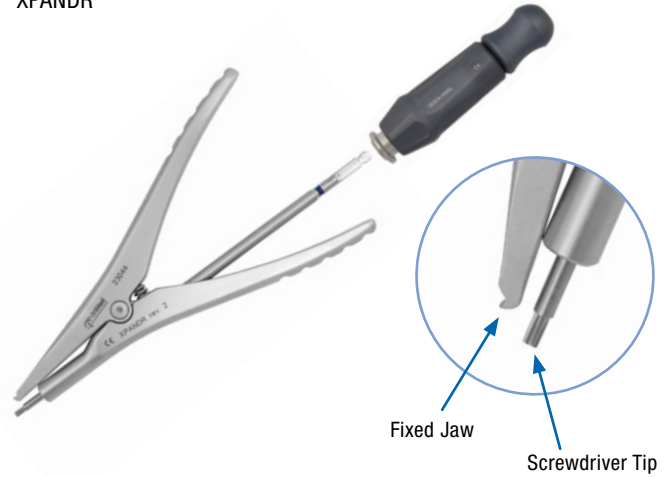
MHOOK-5  
MHOOK-7  
MHOOK-9\*

\* Special Order



### Expander/ Compression Tool

XPANDR



### 5<sup>th</sup> Met Hook Plate Drill Guide, 1.8mm

GDMHOOK-1.8



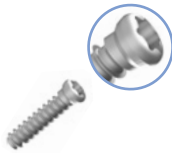
### 5<sup>th</sup> Met Hook Plate Impactor

IMPCT-FMS



### Cortical Screws

TRX2.3-xx  
7mm to 18mm



TriMed, Inc. / 27533 Avenue Hopkins / Valencia, CA 91355 USA / 800-633-7221 / [www.trimedortho.com](http://www.trimedortho.com)

The presently issued U.S. patents are: 6,113,603; 7,037,308; 7,044,951; 7,195,633; 7,540,874; 7,942,877; 8,177,822; 8,821,508; 8,906,070; 9,089,376; 9,283,010; 9,220,546; 9,237,911; 9,402,665; 9,636,157; 9,861,402. See [trimedortho.com](http://trimedortho.com) for all listed patents.

The technique presented is one suggested surgical technique. The decision to use a specific implant and the surgical technique must be based on sound medical judgment by the surgeon that takes into consideration factors such as the circumstances and configuration of the injury.