3.5 mm LCP Medial Distal Tibia Plates. Part of the Synthes locking compression plate (LCP) system.
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*Image intensifier control*
The 3.5 mm LCP Medial Distal Tibia Plate is part of the Synthes LCP System that merges locking screw technology with conventional plating techniques.

The plate is offered in stainless steel and features a limited-contact shaft profile, Combi holes in the shaft, and locking screw holes in the head. The Combi holes in the plate shaft combine a dynamic compression unit (DCU) hole with a locking screw hole. The Combi hole provides the flexibility of axial compression and locking capability throughout the length of the plate shaft.

Fixation with the 3.5 mm LCP Medial Distal Tibia Plate has many similarities to traditional plate fixation methods, with a few important improvements. Locking screws provide the ability to create a fixed-angle construct while using standard AO plating techniques. Locking capability is important for fixed-angle constructs in osteopenic bone or multifragmentary fractures where screw purchase is compromised. These screws do not rely on plate-to-bone compression to resist patient load, but function similarly to multiple, small, angled blade plates.

Note: For information on fixation principles using conventional and locked plating techniques, please refer to the Small Fragment Locking Compression Plate (LCP) Technique Guide.
**Plate features**
- Anatomically contoured; plate is twisted 20° and bent to fit the distal tibia
- Available for left and right tibias
- Limited-contact shaft design with 4 to 14 combination locking/compression holes
- Eight distal locking holes accept 2.7 mm cortex, 3.5 mm locking, 3.5 mm cortex, or 4.0 mm cancellous bone screws
- Proximal and distal holes for 1.6 mm or 2.0 mm Kirschner wires
- 316L stainless steel
- Locking holes in distal region are parallel to the joint
- Elongated hole in shaft aids in initial plate positioning
- The shaft holes accept 3.5 mm locking screws in the threaded portion and 3.5 mm cortex screws, 4.0 mm cortex screws and 4.0 mm cancellous bone screws in the compression portion
- Distal tab for optional medial malleolus screw accepts 3.5 mm locking, 2.7 mm cortex, 3.5 mm cortex, 4.0 mm cortex or 4.0 mm cancellous bone screws

**Distal screw profile in round locking holes**

- 3.5 mm locking
- 3.5 mm cortex
- 2.7 mm cortex
- 4.0 mm cancellous
AO Principles

In 1958, the AO formulated four basic principles, which have become the guidelines for internal fixation. Those principles, as applied to the 3.5 mm LCP Medial Distal Tibia Plate, are:

**Anatomic reduction**
Precontoured plate assists reduction of metaphysis to diaphysis and facilitates restoration of the articular surface by exact screw placement.

**Stable fixation**
Locking screws create a fixed-angle construct, providing angular stability.

**Preservation of blood supply**
Tapered end for submuscular plate insertion, preserving tissue viability.

Limited-contact plate design reduces plate-to-bone contact, limiting vascular trauma and insult to bone.

**Early, active mobilization**
Plate features combined with AO technique create an environment for bone healing, expediting a return to optimal function.

The Synthes LCP Distal Tibia Plates are intended for fixation of complex intra- and extra-articular fractures and osteotomies of the distal tibia, as a part of the Synthes Small Fragment LCP System.
Preparation

1

Preparation

Required set

105.434  Small Fragment LCP Instrument and Implant Set, with self-tapping screws

Optional sets

105.90   Bone Forceps Set
105.954  Small Battery Drive Set
115.700  Large Distractor Set

Optional instruments for contouring

329.02   Bending Iron
329.30   Plate-Bending Press

Warning: The direction of locking screws is already determined based on the design of the plate. If manual contouring is necessary, verify new screw angles using the screw placement verification technique on page 11.

Complete the preoperative radiographic assessment and prepare the preoperative plan. Determine plate length and instruments to be used.

Position the patient supine on a radiolucent operating table.
Reduce articular surface

Instrument

| 394.35 | Large Distractor |

**Technique tip:** Prior to reduction, application of an external fixator or large distractor may facilitate visualization and reduction of the joint.

Reduce the fracture fragments and confirm reduction using image intensification. Reduction may be stabilized using the following methods:

- Independent Kirschner wires
- K-wires through the plate
- Independent lag screws
- Lag screws through the plate
- Locking screws through the plate

Locking screws do not provide interfragment compression; therefore, any desired compression must be achieved with standard lag screws. The articular fractures must be reduced and compressed before fixation of the 3.5 mm LCP medial distal tibia plate with locking screws.

2.7 mm or 3.5 mm cortex screws may also be used as lag screws through the plate by overdrilling the near fragment.

**Technique tip:** To verify that independent lag screws will not interfere with plate placement, evaluate placement with AP and lateral fluoroscopic image.
3
**Bend distal tab (optional)**

<table>
<thead>
<tr>
<th>Instrument</th>
</tr>
</thead>
<tbody>
<tr>
<td>391.963 Universal Bending Pliers</td>
</tr>
</tbody>
</table>

Contour the distal tab as necessary with the universal bending pliers.

4
**Insert plate**

<table>
<thead>
<tr>
<th>Instruments</th>
</tr>
</thead>
<tbody>
<tr>
<td>312.648 2.8 mm Threaded Drill Guide</td>
</tr>
<tr>
<td>324.031 Threaded Plate Holder</td>
</tr>
</tbody>
</table>

For minimally invasive insertion, make a single incision distally and carefully push the plate under the soft tissue. Make stab incisions to insert screws into the shaft.

**Technique tips:**
Use a threaded plate holder in one of the distal holes as a handle for percutaneous insertion.

Prior to placing the plate against the bone, thread the 2.8 mm threaded drill guide into the distal holes. It is easier to thread these guides into the plate when the plate is off the bone.
Position Plate and Fix Provisionally

5
Position plate and fix provisionally

Instrument

| 324.024 | Push-Pull Reduction Device |

The plate may be temporarily held in place with standard plate holding forceps or the push-pull reduction device, to prevent plate rotation while inserting the first locking screw.

K-wires may be used through the plate for provisional fixation.

Assure proper reduction prior to insertion of the first locking screw. Locking screw insertion may prevent any further reduction.
Insert Screws

6

**Insert screws**

**Instruments**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>310.288</td>
<td>2.8 mm Drill Bit</td>
</tr>
<tr>
<td>312.648</td>
<td>2.8 mm Threaded Drill Guide</td>
</tr>
<tr>
<td>314.115</td>
<td>StarDrive Screwdriver</td>
</tr>
<tr>
<td>314.116</td>
<td>StarDrive Screwdriver Shaft</td>
</tr>
<tr>
<td>319.01</td>
<td>Depth Gauge</td>
</tr>
<tr>
<td>511.770</td>
<td>Torque Limiting Attachment, 1.5 Nm</td>
</tr>
<tr>
<td>or</td>
<td></td>
</tr>
<tr>
<td>511.773</td>
<td>Torque Limiting Attachment, 1.5 Nm,</td>
</tr>
<tr>
<td></td>
<td>quick coupling</td>
</tr>
</tbody>
</table>

Determine the combination of 2.7 mm, 3.5 mm and 4.0 mm cortex, 4.0 cancellous bone screws, and 3.5 mm locking screws that will be used for fixation.

If a combination of cortex and locking screws will be used, cortex screws should be inserted first to pull the plate to the bone.
If using a locking screw as the first screw, be sure the plate is held securely to the bone to prevent plate rotation as the screw is locked to the plate.

**Reminder:** The locking screw is not a lag screw. Use standard screws when requiring a precise anatomical reduction (e.g. joint surfaces) or interfragmentary compression. Before inserting the first locking screw, perform anatomical reduction and fix the fracture with lag screws, if necessary. After the insertion of locking screws, an anatomical reduction will no longer be possible without loosening the locking screws.

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**Distal locking screw insertion**

Screw the 2.8 mm threaded drill guide into an LCP plate hole until fully seated. Use the 2.8 mm drill bit to drill to the desired depth. Remove the drill guide. Use the depth gauge to determine screw length.

Whenever possible, locking screws should be inserted under power using the torque limiting attachment and the StarDrive screwdriver shaft. Screws may also be inserted manually using the StarDrive screwdriver. Be sure the plate is held securely to the bone to prevent plate rotation.

The audible ‘click’ on the torque limiting attachment will notify the surgeon that the maximum torque value has been reached and that power insertion is completed. After screw insertion using the torque limiting attachment, always check that the screws are fully inserted by hand tightening them.

**Warning:** Never insert locking screws under power unless using a torque limiting attachment.
Implant removal

To remove locking screws, unlock all screws from the plate, then remove the screws completely from the bone. This prevents simultaneous rotation of the plate when unlocking the last locking screw.
3.5 mm LCP Medial Distal Tibia Plate Instrument and Implant Set (115.358)

**Graphic Case**
- 690.376 3.5 mm LCP Medial Distal Tibia Plate Set Graphic Case

**Instrument**
- 391.963 Universal Bending Pliers

**Implants**
- 3.5 mm LCP Medial Distal Tibia Plates

<table>
<thead>
<tr>
<th>Right</th>
<th>Left</th>
<th>Holes</th>
<th>Length (mm)</th>
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</thead>
<tbody>
<tr>
<td>239.900</td>
<td>239.901</td>
<td>4</td>
<td>116</td>
</tr>
<tr>
<td>239.904</td>
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<td>6</td>
<td>142</td>
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<tr>
<td>239.908</td>
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<td>239.913</td>
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</tr>
<tr>
<td>239.920</td>
<td>239.921</td>
<td>14</td>
<td>246</td>
</tr>
</tbody>
</table>

**Required Set**
- 105.434 Small Fragment LCP Instrument and Implant Set, with self-tapping screws

**Also Available**
- 105.90 Bone Forceps Set
- 105.954 Small Battery Drive Set
- 115.700 Large Distractor Set
- 329.02 Bending Iron
- 329.30 Plate-Bending Press
- 394.35 Large Distractor
- 511.770 Torque Limiting Attachment, 1.5 Nm
- 511.773 Torque Limiting Attachment, 1.5 Nm, quick coupling

**Note:** For additional information, please refer to package insert.

For detailed cleaning and sterilization instructions, please refer to [http://us.synthes.com/Medical+Community/Cleaning+and+Sterilization.htm](http://us.synthes.com/Medical+Community/Cleaning+and+Sterilization.htm) or to the below listed inserts, which will be included in the shipping container:
- Processing Synthes Reusable Medical Devices—Instruments, Instrument Trays and Graphic Cases—DJ1305
- Processing Non-sterile Synthes Implants—DJ1304