ABSTRACT

INTRODUCTION:

Management of high energy tibial plateau fractures along with extensive soft tissue damage is still challenging to many orthopaedic surgeons.

AIM:

This study evaluates the purpose of hybrid external fixator in treating high energy tibial plateau fractures with minimal invasion and accurate reduction.

MATERIAL AND METHODS:

Twenty patients with high energy schatzker type V and VI tibial plateau fractures with severe soft tissue injury were enrolled into the study.

RESULTS:

The results - bony union, range of movements and associated complications – were assessed. All fractures were united in an average time period of 20 weeks. Two patients developed knee stiffness and one septic non-union.
CONCLUSION:

Hybrid external fixation is a safe option for managing complex high energy tibial plateau fractures by simultaneously providing adequate fracture stabilization and necessary protection to soft tissue healing to achieve bony union.

Key words: Hybrid external fixator, High energy tibial plateau fractures,