

# AO Trauma Course—Principles of Operative Fracture Management

## Tibial fractures—intramedullary nailing with the expert tibial nail (with reaming)

### Practical exercise

Course participants should use this checklist upon completion of each part and/or the entire practical to self-assess the basic steps and principles of an intramedullary nailing with reaming simulation. Discuss results and questions with peers and faculty members and ask faculty to provide feedback.

Review implants and instruments	<input type="checkbox"/> yes <input type="checkbox"/> no
Identify special implant features, eg, bend of nail, possibilities for locking (proximal and distal)	<input type="checkbox"/> yes <input type="checkbox"/> no
Consider anatomy and positioning of limb	<input type="checkbox"/> yes <input type="checkbox"/> no
Identify and reconfirm correct entry point	<input type="checkbox"/> yes <input type="checkbox"/> no
Secure and advance the threaded guide wire	<input type="checkbox"/> yes <input type="checkbox"/> no
Insert the cannulated cutter (drill bit or awl) over the guide wire	<input type="checkbox"/> yes <input type="checkbox"/> no
Use long olive-tip guide wire for reaming	<input type="checkbox"/> yes <input type="checkbox"/> no
Review Synream instrumentation	<input type="checkbox"/> yes <input type="checkbox"/> no
Ream over guide wire in steps (do not apply force)	<input type="checkbox"/> yes <input type="checkbox"/> no
Measure length and choose correct nail length	<input type="checkbox"/> yes <input type="checkbox"/> no
Assemble jig and nail	<input type="checkbox"/> yes <input type="checkbox"/> no
Check alignment of jig and holes in nail	<input type="checkbox"/> yes <input type="checkbox"/> no
Insert nail	<input type="checkbox"/> yes <input type="checkbox"/> no
Lock nail proximally: use aiming arm and choose appropriate length of locking screws	<input type="checkbox"/> yes <input type="checkbox"/> no
Remove instruments before inserting an end cap	<input type="checkbox"/> yes <input type="checkbox"/> no
Compression option with dynamization (bolt before static screw)	<input type="checkbox"/> yes <input type="checkbox"/> no
Consider oblique locking options for “extreme nailing”	<input type="checkbox"/> yes <input type="checkbox"/> no
Consider ASLS (angular stable locking system) for improved stability in osteoporotic bone	<input type="checkbox"/> yes <input type="checkbox"/> no