

Principles of A-O Fixation

Arbeitsgemeinschaft für Osteosynthesfragen

Anatomic Reduction

- Minimizes risk of nonunion, malunion, or delayed union
- Restores anatomical alignment/position of osseous structures

Stable Fixation

- Provides absolute or relative stability
- Absolute stability
 - interfragmentary compression
 - lag screws / compression plate
 - no callous formation
- Relative stability
 - movement at the fracture site
 - no interfragmentary compression
 - splinting/bridging
 - nails

Atraumatic Surgical Technique

- Preserves blood supply to the bone and surrounding soft tissues
- limited periosteal dissection
- Evaluation of limb edema
 - stage procedure if needed to preserve soft tissues

Early Return to Pain-Free Range of Motion

- NOT early weight-bearing