Prepare the fractured limb with cast padding as usual. Cut the plaster at the desired length and roll a stockinette of the same width and length over the plaster (Fig. 1). The stockinette and plaster can then be submerged in water, applied and easily manipulated as one unit.

Finding the hole

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Percutaneous fixation of peri-articular fractures requires the insertion of lag screws. Soft tissue interposition and bleeding may make location insertion of the overdrill guide difficult. The simple manoeuvre of inserting the depth gauge through the overdrill guide allows one to probe the gliding hole without difficulty (Fig. 1). When the hole is located the guide is simply threaded over the depth gauge and seated. The depth gauge is then removed and the trans cortex drilled in the usual fashion.

Figure 1 Inserting the depth gauge through the overdrill guide to locate the hole.

Fibreglass cast wedging

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The wedging of casts to correct angulatory deformities of long-bone fractures is a well-established technique. Traditionally, cork and wooden wedges have been utilised; however, these materials frequently fragment or compress. We have found that fibreglass wedges are a more robust and cost-effective solution that is readily available in the plaster room. Fibreglass casting tape (e.g. Scotchcast™ Casting Tape, 3M, St Paul, MN, USA) is twisted around itself to form a solid bar. Custom wedges can then be cut from the bar using a plaster or hand saw and inserted as required (Fig. 1).

Figure 1 Fibreglass bar and wedged cast.