Figure 1 Unravelling the interwoven threads proximal to the cable end.

Figure 2 Anchoring the stainless steel cable to the Meier wire.

Figure 3 The Meier wire acts as a guide for intramedullary passage of the stainless steel cable.

DISCUSSION

We have been able to guide intramedullary wires repeatedly through both the tibia and femur successfully and easily with this technique. We believe that this new method can facilitate 'catheterisation' into and through the intramedullary canal of long bones with these flexible wires. This system is easy to assemble using ubiquitous and inexpensive items and provides secure wire passage in reconstructive orthopaedic surgery.

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TECHNICAL TIPS

Easy insertion of the gamma nail's end cap

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Instrumentation for the Gamma 3 Trochanteric Nail 180 (Stryker, UK) facilitates a minimally invasive approach. However, insertion of the end cap can be difficult through a small incision. The end cap can fall off the screwdriver and is sometimes lost in the soft tissues for some minutes. We have found that by re-inserting the ball-tipped wire into the top of the nail, the end cap can be easily threaded over the wire and pushed down to engage the nail. It is then screwed home. This simple technique, which is not previously reported,¹ avoids multiple insertion attempts and saves operative time.

Figure 1 Secure insertion of the end cap over the guide wire.

Reference

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