Technical Section [TECHNICAL NOTES AND TIPS

An aide-mémoire for tibial plateau fractures

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The Schatzker classification of tibial plateau fractures¹ is used widely by orthopaedic surgeons to assess initial injury, plan management

and predict prognosis. Increasing numeric order indicates increasing severity of fracture and worse prognosis.

Aide-mémoires and mnemonics are proven tools in improving memory recall by imposing organisation and meaning on to information that is to be learned. Thus, this simple technique for remembering the Schatzker classification (Fig 1) was devised when the authors were reminiscing about past failed romances and describing the various chronological emotional stages one goes through when breaking up.

Reference

1. Schatzker J, McBroom R, Bruce D. The tibial plateau fracture. The Toronto experience 1968–1975. *ClinOrthop Relat Res* 1979; **138**: 94–104.

Schatzker stage	I	II	III	IV	V	VI
Emotional stage	You have just spilt up and feel alone and on the outside	Split & feeling depressed and still alone on the outside	Pure depression but still alone on the outside	You are on the other side of the break up and it doesn't matter to you anymore about whether you are split or depressed	You manage to see both sides of the split up	You have a relapse when you see him/her again and become a complete emotional mess
Fracture description	A pure cleavage fracture of the lateral tibial plateau	A type I fracture with a depressed component	Pure depression of the lateral tibial plateau	Medial tibial plateau fracture with or without depression	A bicondylar fracture	Dissociation of the tibial metaphysis & diaphysis

Figure 1 Aide-mémoire for classification of tibial plateau fractures