

42nd CONGRESS

BAOBAB CONFERENCE CENTRE SUN CITY HOTEL, SUN CITY 2 – 4 SEPTEMBER 2011

Congress Program

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Original Instruments and Implants of the Association for the Study of Internal Fixation – AO/ASIF

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Message from the organisers

Welcome to all delegates.

It has been a long time since we last visited Sun City with our congress. We all know this resort as a place of fun and laughter. To this congenial environment we invite you to mix academic pursuit with pleasure.

Our invited guest this year is Professor Scott Wolfe from Hospital for Special Surgery in New York. Scott is the current editor of Greens Operative Hand Surgery — the iconic Textbook of Hand Surgery. We extend our sincerest gratitude to Scott for agreeing to address our meeting and we look forward to his many presentations. Over and above Scott's extensive opus we have a large number of delegate free papers of interest.

Dr Ole Reigstad has also gladly agreed to travel from Norway to share his extensive experience on Total Wrist Arthroplasty.

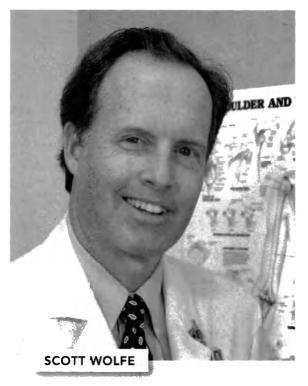
We urge you to listen and interact. There is, as always, plenty of time for discussion. If you do not understand — ask, if you do not agree — challenge.

Enjoy the meeting.





International Visitors



Scott Wolfe

Scott is currently the Professor Orthopedic Surgery at Weill-Cornell College, New York. He is also the Faculty Director of Orthopedics at Hospital for Special Surgery where he also serves as Director of the HSS Center for Brachial Plexus and Complex Nerve Injury . His CV reads like a book with nearly 100 peer reviewed publications, 42 book chapters, and 43 guest lectureships. He has delivered countless presentations at American and International meetings and is involved in numerous research projects and grafts. To all of us he is well known as the current editor emeritus of Green's Operative Hand Surgery - the iconic textbook of our field.

We extend an extremely warm South African welcome to both our quests.



Ole Reigstad

Dr Ole Reigstad is a Hand and Microvascular Surgeon working in the Orthopaedic Department at RiksHospital in Oslo Norway.

He is the author of numerous publications in the Hand and Orthopaedic literature as well as having presented extensively in Europe at the FESSH meeting as well as at the Norwegian Hand Society meetings.

His main interest is in Wrist Arthroplasty, Osseointegration and Scaphoid Non-union.

Congress Program 3

LCP Compact Hand and LCP Distal Radius System 2.4.

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General Announcements/ Congress Information

CPD Register

- > Discovery Health will handle the CPD formalities on a daily basis
- > Scanning will be done twice daily
- Approximately 7-10 days post-congress you will receive notification to download your certificate from the website www.mycpd.co.za. You need to have your log-in and password details available to download your certificate

Dress Code

> Casual attire for congress sessions and smart casual for the social functions

Important

- **Name badge:** It is important to wear your name badge during the congress Only delegates wearing name badges will be permitted to enter the lecture-hall, exhibition area and the social functions
- > Please note that the use of **mobile phones** in the lecture hall is not permitted

Information for Speakers

Keeping to your allocated time is a courtesy to all following speakers. The chairs of the sessions have been instructed to exert tight control and interrupt lengthy presentations. Please make sure you are aware of the time allotted to you for your presentation

Please hand your presentation to the audiovisual technicians at least 3 hours prior to the session in which the presentation is being given. The technicians will be available in the congress venue to receive your material

Information/Registration Desk

The Information/Registration Desk will be situated in the Foyer

Please feel free to visit the Desk should you require any assistance

Language

The official language of the congress will be English. No simultaneous translation service will be provided

Smoking

In accordance with Government Legislation regarding smoking in public areas, kindly note that this venue is a non-smoking area

Trade Exhibitors

The Trade Exhibitor will be situated in the area immediately next to the Auditorium. Kindly make every effort to visit all the stands

Teas and lunches will be served in the trade exhibition area

2011 Congress Organizing Committee

Congress Organisers

Michael Solomons & Martin Wells

Congress Coordinator

Hendrika van der Merwe

Social Events

Welcome Function

Friday 2 September 2011

1800

Venue: Baobab Conference Area, Ground Floor, Sun City Hotel

Dress: Casual

Congress Dinner 1930 for 20:00

Saturday 3 September 2011

Hall of Treasures, Entertainment Centre

Dress: Smart Casual

Future Events

Annual Refresher Course

2012

24 February

AO Hand Symposium/Workshop

25-26 February SASSH Refresher Course: Trauma and Sport Related

Upper Limb Injuries

Venue

CSIR, Pretoria (See page 7)

Annual Congress

2012

43rd Congress and Instructional Course

Date

31 August – 2 September

Venue

Durban



The South African Society for Surgery of the Hand Die Suid-Afrikaanse Vereniging vir Handchirurgie

☑ 2721 Bellville South Africa 7535 😰 021 910 3322 🖨 0866 720426 web: www.sassh.co.za email: sassh@iafrica.com

SAMA (Incorporated Association not for gain) (Reg. No. 05/00136/08)

SASSH REFRESHER COURSE 2012

24 february 2012 – AO Hand Workshop date

25-26 february 2012 - Refresher Course date

csir conference centre, pretoria venue

trauma and sport related upper limb injuries topic

There are 2 reasons why you should attend the annual SASSH Refresher Course in February 2012 to be held at the CSIR, Pretoria.

Firstly, is the presence of DR MELVIN ROSENWASSER from New York. He is a world renowned Trauma Hand Surgeon specialising in the Arthroscopic treatment of various Sports and Trauma related hand injuries.

Secondly, but equally important is **DR RENATO FRICKER** from Switzerland. He is the Head of the Hand- and Peripheral Nerve Surgery Unit at the Kantonsspital Bruderholz, Switzerland. Renato Fricker is a member of AO Trauma. He is also a co-author of the Hand-AO Surgery Reference Porta - www.aofoundation.org He has assisted in the presentation of AO videos for Hand Surgery.

He will present an AO workshop on Friday 24 February

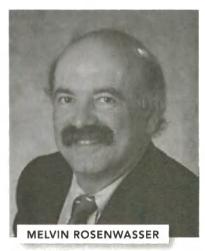
Both international speakers promise to provide us with excellent lectures on the Modern Treatment of Traumatic Conditions of the Hand.

The Course will most certainly benefit surgeons and therapists who tend to hand patients on a regular or occasional basis.

Diarise these dates and seriously consider attending this event early in 2012.

Please check the website of SASSH - www.sassh.co.za - for further information or contact Hendrika van der Merwe, Course Coordinator at the above contact details for updated news.

> **ERICH MENNEN AND NIKKI VAN DER WALT COURSE ORGANISERS**





RENATO FRICKER



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Hendrika van der Merwe

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Past Presidents

1969-1971 I Kaplan 1971-1973 AC Boonzaier M Singer 1973-1975 1975-1977 JH Youngleson 1977-1979 TL Sarkin 1979-1981 CE Bloch 1981-1983 SL Biddulph 1983-1985 WMM Morris LK Pretorius 1985-1987 KS Naidoo 1987-1989 1989-1991 SL Biddulph 1991-April 1992 BJ van R Zeeman April 1992 - 1993 SL Biddulph 1993-1995 JH Fleming 1995-1997 **U** Mennen 1997-1999 EJ Bowen-Jones 1999-2001 LT de Jager 2001-2003 JJ van Wingerden 2003-2005 **M** Carides 2005-2007 TLB le Roux 2007-2009 MC Wells

AC Boonzaier Memorial Lectures

1997	PROF ULRICH MENNEN "In Appreciation of the Hand"
1998	DR JOHN YOUNGLESON "Reminiscing the Past"
1999	DR EDWARD BOWEN-JONES "Bamba Isandla Qualities of a Leader in Hand Surgery"
2000	PROF KS NAIDOO "Overview of Hand Surgery"
2001	DR LT (WIKUS) DE JAGER "The Future of Hand Surgery in South Africa"
2002	PROF SYD BIDDULPH "The Hand – A Mirror of Disease"
2003	DR JAN VAN WINGERDEN "The Joy of Medical Discovery"
2004	DR INGRAM ANDERSON "The Hand – Cogitations of a Rheumatologist"
2005	DR MICHAEL CARIDES "But, on the other hand"
2006	PROF MICHAEL TONKIN "On Surgeons, Heads, Hearts and Hands — A Philosophy"
2007	PROF THEO LE ROUX "Hand-outs from the Mind"
2008	PROF ALAN MORRIS "So when DID we stop climbing in trees? Current debates on the evolution of the hand"
2009	DR MARTIN WELLS "Standing on the Shoulders of Giants"
2010	DR MICHAEL HAUSMAN "The Analog Digit"

Annual General Meeting

Saturday 3 September 2011 16:45 - 17:30

Baobab Conference Centre, Sun City Hotel, Sun City (Members only / Slegs Lede)

1

Welcome Address by the President Verwelkoming deur die President

2

Apologies and Proxies Verskonings en Volmagte

3

Minutes of the Previous Annual General Meeting Notule van die Vorige Algemene Jaarvergadering

4

Matters Arising from the Minutes Sake wat uit die Notule Voortspruit

5

President's Report President se Verslag

6

Honorary Secretary/Treasurer's Report Ere-Sekretaris/Tesourier se Verslag

7

Proposed Increase in Entrance Fee and Annual Subscription Voorgestelde Verhoging in Intreefooi en Jaargeld

8

Announcement of Executive Committee Members
Aankondiging van Uitvoerende Bestuurslede

9

Membership Lidmaatskap

10

General Algemeen

11

Next Annual General Meeting Volgende Algemene Jaarvergadering

3.0 HCS. The countersinkable compression screw.

- Superior instrumentation
- Controlled compression
- Self drilling/self tapping
- Optimal retention in cancellous bone





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Scientific Program

42nd ANNUAL CONGRESS AND INSTRUCTIONAL COURSE 2 – 4 SEPTEMBER 2011 BAOBAB CONFERENCE CENTRE GROUND FLOOR. SUN CITY HOTEL SUN CITY

Friday 2 September 2011

1430-1500

Delegate Registration

Venue: Baobab Conference Centre, Ground

Sun City Hotel

Chair: Dr Martin Wells

1500-1800

Workshops and Instructional Course

Baobab Conference Centre,

Sun City Hotel

1. Ole Reigstad demonstrating Motec Wrist Replacement

Operative Procedure

2. Scott Wolfe demonstrating Trimed Fragment-specific

Approaches to the Wrist and forearm

How to reach the different Shear Fragments of Distal

Radius

3. Scott Wolfe demonstrating the Flexor Tendon Approach

and Repair of Flexor Tendon

1800

WELCOME FUNCTION

Venue: Baobab Conference Centre.

Ground Floor, Sun City Hotel

Saturday 3 September 2011

0715-0750

Delegate Registration

Venue: Baobab Conference Centre, Ground Floor, Sun City

Session One

0800-0830

Chair: Dr Michael Solomons

0750-0800 Opening/Welcome Announcements Michael Solomons

Plate?

Distal Radius Fractures: What Cannot be Fixed by Volar

Scott Wolfe

Steve Carter

0830-0840 Discussion

0840-0850 The Windblown Hand: A Retrospective Review of the

Result of Surgical Treatment at Red Cross War Memorial

Children's Hospital

0850-0855 Discussion

X	0855-0905	Using a Mini Tight-Rope to Suspend the Thumb After a Trapeziectomy: Is this a Viable Option?	<u>Cameron Anley,</u> M Wells A Ikram, S Pretorius
	0905-0910	Discussion	
	0910-0920	Ulnar Collateral Ligament Reconstruction of the Thumb using Palmaris Longus Autograft fixed with Bio-absorbable Interference Screws	<u>Mark Fleming,</u> M Solomons, M Singer
	0920-0925	Discussion	
×	0925-0935	Intramedullary Locked Fixation of Clavicle Shaft Fractures — Review of Early Results	<u>P (Reggie) King,</u> A Ikram
	0935-0940	Discussion	
	0940-0955	Epidemiology of Scaphoid Non-Union: Who is likely to Develop Non-Union and How can We Prevent it?	Ole Reigstad
	0955-1000	Discussion	
	1000-1030	TEA	
	Session Two	Chair: Dr Michael Carides	
	1030-1055	The Motec Wrist Replacement Arthroplasty Experience; How Well Have the Subpopulations of Osteoarthritic SNAC and SLAC wrists done?	Ole Reigstad
	1055-1105	Discussion	
	1105-1115	Severity of Upper Limb Panga Injuries and Infection Rates in Early versus Late Repairs	<u>C Price,</u> N Howard, W Holmes, M Solomons, P Rollinson
	1115-1120	Discussion	
X	1120-1130	A Comparative Study to Determine the Effect of Dynamic Splinting versus Static Splinting of the Hand in the Post-operative Treatment of Zone $V-VII$ Extensor Tendon Injuries in Patients attending Steve Biko Academic Hospital	Evanthia Pavli
	1130-1135	Discussion	
	1135-1145	Landsmeers Ligament – Take Two	<u>Mike Solomons,</u> B Dando
	1145-1150	Discussion	
	1150-1200	The Use of Elastic Taping in the Conservative Management of Mallet Finger Injuries	Dershnee Devan
	1200-1205	Discussion	
	1205-1225	From Bench to Dartboard: The Evolution of Total Wrist Arthroplasty	Scott Wolfe
	1225-1230	Discussion	
	1230-1330	LUNCH	

Session Three	Chair: Prof Ulrich Mennen
1220 1240	To sett off a the Mele Charle Install

Jession Three	Chair. From direct Mentilen	
1330-1340	Investigating the Volar Single Incision Approach to the Anticubital Fossa	<u>Ivor Petersen,</u> S Pretorius
1340-1345	Discussion	
1345-1355	Evaluation of Minimally Invasive Carpal Tunnel Decompression using the Knifelight®	<u>Abdul Rawoot,</u> A Ikram
1355-1400	Discussion	
1400-1410	The Outcome of Post-Surgical Recurrent Carpal Tunnel SyndromeTreated with an Extended Release and a Synovial Flap	<u>Adriaan Botha,</u> A Ikram
1410-1415	Discussion	
1415-1425	Comparing Tendon Transfers to Increase External Rotation in Obstetric Brachial Plexus Injury	<u>Mike Solomons,</u> S Roche, M Maree
1425-1430	Discussion	
1430-1450	Nerve Transfers: Advances, Evidence and Expectations. When do We Apply this exciting Technique?	Scott Wolfe
1450-1500	Discussion	
1500-1530	TEA	
Session Four	Chair: Drs Ajmal Ikram/Nikki vd Walt	
1530-1540	An Assessment of a Two Layer Subcuticular Closure using Poly-Glecapone 25 (Monocryl) Sutures in Hand Surgery	Marshall Murdoch
1540-1545	Discussion	
1545-1555	Bilateral Post Burn Contracture of the Hands Which Complicated into Marjolin Ulcers - Squamous Cell Carcinoma	<u>Thabo Makobela,</u> S Golele
1555-1600	Discussion	
1600-1610	Case Study - Metacarpophalangeal Arthroplasty Using the Ascension® MCP System in Ankylosis Following Sepsis	<u>Christopher Price,</u> M Solomons
1610-1615	Discussion	
1615-1630	The Volar Approach to the SRS PIP Arthroplasty – A Case series in Golfers	Scott Wolfe
1630-1635	Discussion	
1645-1730	Annual General Meeting: Members only Venue: Baobab Conference Centre, Ground Floor, Sun City Hotel	
1930 for 2000	SASSH DINNER: Hall of Treasures in the Entertainment Area Dress: Smart Casual	

Sunday 4 September 2011

0730-0750	Delegate Registration	
Session Five	Chair: Dr Roger Nicholson	
0800-0825	Comparison of Nerve Transfers and Nerve Grafting for Upper Plexus Palsy	Scott Wolfe
0825-0835	Discussion	
0835-0845	Selected Good Results in Brachial Plexus Surgery	Michael Solomons
0845-0850	Discussion	
0850-0910	Avoiding Non-union: The Case for Percutaneous Scaphoid Fixation	Scott Wolfe
0910-0920	Discussion	
0920-0930	The Liebenberg Syndrome	Ulrich Mennen
0930-0935	Discussion	
0935-0955	Ulnar-sided Wrist Pathology: An Algorithmic Approach to TFCC, Chronic Radio-Ulnar Instability	Scott Wolfe
0955-1005	Discussion	
1005-1025	Mid Carpal Instability: Making sense of (CIND)	Scott Wolfe
1025-1030	Discussion	
1030-1130	TEA	
Session Six	Chair: Dr Johan Vd Westhuizen	
1130-1150	Scapholunate Ligament Injury: A Case-based Approach to Treatment	Scott Wolfe
1150-1200	Discussion	
1200-1210	Connection between A2 Pulley and Oblique Retinacular Ligament: Anatomical Dissection	Erich Mennen
1210-1215	Discussion	
1215-1245	Flexor Tendon Repair: What have we Learned? (Includes Cruciate Surgical Technique Video)	Scott Wolfe
1245-1255	Discussion	
1255-1345	AC Boonzaier Lecture: Hand Surgery - Where do we come from?	Mike Solomons
1400	CLOSURE BY PRESIDENT	Johan vd Westhuizen

Wrist Fusion.

- Three plate options
- Reduced profile with tapered ends minimises plate prominence
- Built-in fusion angle of 10° dorsiflexion provides optimum hand position





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Abstracts

(Listed according to Scientific Program)

Title: DISTAL RADIUS FRACTURES: WHAT CANNOT BE

FIXED BY VOLAR PLATE?

Author: SCOTT WOLFE

Office Address: 523 East 72nd Street, New York, NY 10021

Telephone: 212-606-1529 Email: wolfes@hss.edu

Title: THEWINDBLOWNHAND: ARETROSPECTIVE REVIEW

OF THE RESULT OF SURGICAL TREATMENT AT RED

CROSS WAR MEMORIAL CHILDREN'S HOSPITAL

Author: STEVE CARTER DEPT. OF PAEDIATRIC SURGERY RED CROSS

HOSPITAL

3rd Floor, New Orthopaedic Unit, Vincent Pallotti Hospital, Alexandra Road,

Pinelands 7405

Telephone: (021) 506 5674 Fax: (021) 506 5671

Email: docsteve@absamail.co.za

The Wirdblown Hand as originally described by Wood and Biondi is characterised by elements:

- > F'exion and adduction contractive of the thumb
- > Narrowing of the first webspace and
- > Ulnar deviation of the fingers at the metacarpophalangeal joint

This is a retrospective review of cases treated at Red Cross War Memorial Children's Hospital between 2005 and 2010. A total of 7 cases were reviewed.

Traditional surgery has been aimed at dealing with the thumb flexion and adduction contracture and narrowed webspace either by a local or flap Z plasty or transposition flap.

Our hypothesis is that the thumb deformity is primarily the result of absent or weak thumb extensors, particularly Extensor Pollicis Brevis and instability at the metacarpophalangeal joint.

In our series we employed the use of a chondrodesis of the metacarpophalangeal joint of the thumb after the webspace release and augmented this with an EIP-EPB transfer to improve thumb extension.

Secondly we looked at the use of crossed intrinsic transfers in improving ulnar deviation at the metacarpophalangeal joints of the fingers.

Our results indicate improved first webspace in all 7 cases, stability of the metacarpophalangeal joint in 5 of 7 cases and improved extension in all cases.

The crossed intrinsic transfer gives improved balance and ulnar deviation of the fingers.

Title: USING A MINITIGHT-ROPETO SUSPENDTHETHUMB AFTER A TRAPEZIECTOMY: IS THIS A VIABLE OPTION?

Author(s): CAMERON ANLEY, M WELLS, A IKRAM, S PRETORIUS

3A Kleinschmidt Close, Paarl 7646 Telephone: 0837804332 Email: anley@cybersmart.co.za

Aims of study:

The carpometacarpal joint of the thumb is a common site of osteoarthritis. This leads to pain and instability, which significantly influences the activities of daily living. Initial treatment involves conservative measures but if these fail surgery should be considered. Currently the gold standard remains trapeziectomy with or without tendon suspension interposition. Other options include osteotomy of the thumb metacarpal, arthrodesis, hemiarthroplasty and total arthroplasty. Recently the use of a mini tight-rope has been suggested to suspend the thumb metacarpal replacing the need for the tendon suspension interposition.

Method:

Patients with CMC arthritis requiring surgery were enrolled for this study. The surgical technique included an open trapeziectomy with suspension of the thumb metacarpal via a mini-tightrope. Patients were immobilised for three weeks after which range of motion exercises were encouraged.

Results:

Thirteen patients were included in this study. The average age was 58.3 years and all patients were female. The dominant hand was operated in 7/13 patients. The patients are being followed up and six month results will be presented at the congress.

Conclusion:

Due to the improved strength of the suspension, the use of the mini tight-rope to suspend the thumb metacarpal following a trapeziectomy allows for early mobilisation of the joint. Initial results are promising.

Title: ULNAR COLLATERAL LIGAMENT RECONSTRUCTION OF THE THUMB USING PALMARIS LONGUS AUTO-GRAFT FIXED WITH BIO-ABSORBABLE INTERFERENCE SCREWS.

Author(s): MARK FLEMING, M SOLOMONS

Telephone: 0786641880

E-mail: orthofleming@gmail.com

Injuries to the base of the thumb may tear the thick strong Ulnar Collateral Ligament of the metacarpo-phalangeal joint (MPJ). If this fails to heal by conservative means a chronically lax MP joint may result. This leads to abnormal kinematics at the MPJ predisposing to arthrosis and a debilitatingly weak pinch grip. In these situations surgical reconstruction by means of free tendon autograft has been found to be superior to repair.

We would like to describe a new technique where the graft has been positioned anatomically and fixed in postion with bio-absorbable interference screws.

Surgical rationale includes the ability to accurately tension each I'mb independently and secure it in such a way that is strong enough to allow immediate post-operative mobilisation without the need for joint immobilisation with trans-articular K-wiring.

Our small case series includes 5 cases. All of whom had chronic MPJ laxity that impaired their pinch grasp. None of these patients had developed arthrosis at the MPJ.

Our results are encouraging with no failures of graft fixation, all the patients have been satisfied with the procedure, pinch grip has been restored in all.

Title: INTRAMEDULLARY LOCKED FIXATION OF CLAVICLE SHAFT FRACTURES – REVIEW OF EARLY RESULTS

Author(s): <u>P (REGGIE) KING</u>, A IKRAM

Registrar: Department of Orthopedics, Tygerberg Hospital 23 7th Avenue, Melkbosstrand, 7331 Telephone: 083 364 8470, 021 938 5458

E-mail: docreg10@gmail.com

Purpose of study

To assess the effectiveness of a novel locked intra-medullary device in the treatment of acute clavicle shaft fractures.

Description of methods

Patients admitted with midshaft clavicle fractures were assessed for inclusion in the study. Inclusion criteria was mid shaft clavicle fractures with 100% displacement; more than 1,5cm of shortening or containing a displaced butterfly segment. Fractures were assessed

for suitability to intra-medullary fixation (fracture distance from the medial and lateral end of the clavicle, medullary diameter and fracture type). 35 patients were treated operatively using the device by the author. Fracture reduction, fracture progression to union, scar size, Dash score, Constant Shoulder score, patient satisfaction and complications were assessed at follow-up by the surgeon, a radiologist and an occupational therapist.

Summary of results

35 patients, 26 males and 9 females with a mean age of 29 were included in the study. All fractures treated achieved union within expected limits with no operative complications. Excellent cosmetic results were achieved in 34 patients with a high level of patient satisfaction reported. 3 patients developed post-operative complications – 2 nail failures and 1 hardware sepsis. All 3 complications were due to inferior implant placement due to initial surgeon inexperience with the device and patient non-compliance with the post-operative regime.

Conclusion

Locked intra-medullary fixation of clavicle shaft fractures that fit the criteria for operative fixation was found to be a reliable, safe method of achieving fracture reduction and fracture union in 35 patients treated. The operation is moderately demanding with a short learning curve.

Title: EPIDEMIOLOGY OF SCAPHOID NON-UNION: WHO IS

LIKELY TO DEVELOP NON-UNION AND HOW CAN WE

PREVENT IT?

Author: OLE REIGSTAD

Work address: Orthopaedic Department, Rikshospitalet-Oslo University Hospital,

N-0027 Oslo, Norway Telephone: +4723076043

E-mail: ole.reigstad@rikshospitalet.no

Title: THE MOTEC WRIST REPLACEMENT ARTHROPLASTY EXPERIENCE: HOW WELL HAVE THE SUBPOPU-

LATIONS OF OSTEOARTHRITIC SNAC AND SLAC

WRISTS DONE?

Author: OLE REIGSTAD

Title: SEVERITY OF UPPER LIMB PANGA INJURIES AND INFECTION RATES IN EARLY VERSUS LATE REPAIRS

Author: CHRISTOPHER PRICE; N HOWARD, W HOLMES, M SOLOMONS,

P ROLLINSON

11 Arum Steet Devil's Peak 8001

Telephone: 0823751413

E-mail: cprice2006@gmail.com

Panga or machete attacks are one of the commonest causes of significant upper limb trauma in South Africa. Currently no guidelines exist on the optimum management of these complicated injuries. Debate surrounds the timing of repair due to high infection rates with devastating consequences.

We conducted a multi centre prospective observational study comparing early (<7 days) and late (>7 days) repair with postoperative infection and re rupture rates. 46 patients (mean age 29.9) were recruited into the study and followed up for a mean of 3.4 months (range 0 - 8 months) including, 32 flexor tendon injuries, 14 extensor tendon injuries, 9 fractures and 21 peripheral nerve injuries. 35 were repaired early with 11 being repaired late. Post operatively wounds were assessed using the Asepsis wound scoring system and patients clinically assessed for tendon re rupture. No significant difference was found (p=0.662) in the comparative infection rates of early versus late 6.2% (+/- 7.7 CI 95%) v 18.1% (+/-22.8 CI 95%)

Our results would indicate that panga injuries can be safely repaired acutely with no increased risk of infection or re rupture.

Title:

A COMPARATIVE STUDY TO DETERMINE THE EFFECT OF DYNAMIC SPLINTING VERSUS STATIC SPLINTING OF THE HAND IN THE POST — OPERATIVE TREATMENT OF ZONE V —VII EXTENSOR TENDON INJURIES IN PATIENTS ATTENDING STEVE BIKO ACADEMIC HOSPITAL

Author(s): EVANTHIA PAVLI

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Aim:

To evaluate and compare the outcomes of static splinting with dynamic splinting following zone V-VII extensor tendon repairs in patients attending Steve Biko Academic hospital.

Methods:

A total of 20 patients, with zone V-VII extensor tendon injuries, were included in the trial and were randomly placed in either control or experimental groups. Patients forming part of the experimental group were fitted with dynamic splints, while those forming part of the control group were placed in Plaster of Paris splints. Splinting was continued for 6 weeks and was followed by intensive therapy. Hand function was recorded and compared at 6, 8 and 10 weeks by measuring active range of motion, pulp to palm distances and extension deficit.

Results:

Results of the trial demonstrated an initial superiority of dynamic splinting at 6 weeks with no significant differences noted between the two groups at 8 weeks. At 10 weeks, extension ability in patients treated with dynamic splinting was significantly better than in patients treated with static splinting.

Conclusion:

The researcher proposes that static splinting be retained as the protocol of choice in the treatment of extensor tendon injuries in the patient population attending Steve Biko Academic Hospital. It is simple, effective, inexpensive and useful especially in poorly compliant patients. Dynamic splinting should be reserved for use in patients who are motivated, will comply with therapy and have the financial means to attend regular therapy.

Title: LANDSMEERS LIGAMENT - TAKE TWO

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Various strategies have been investigated to define a technique for 'melting away' the fat content of a cadaver finger. Hopefully this would make dissection of the controversial Landsmeers Ligament easier. Concepts and findings will be discussed.

Title: THE USE OF ELASTIC TAPING IN THE CONSERVATIVE MANAGEMENT OF MALLET FINGER INJURIES

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Aims of Study:

To establish the effectiveness of elastic taping in the form of the kinesiotaping method as part of the management protocol of mallet finger injuries.

Method:

A retrospective study was conducted on a small group of patients (14), all of whom underwent mallet finger management that differs significantly from the treatment protocol detailed in published literature. The protocol makes use of elastic taping to limit the range of motion of the injured DIP joint and extend the joint using elastic tension. Indications for the imp'ementation of this treatment protocol will be discussed in detail.

Results:

Preliminary results indicate excellent range of motion recovery in patients who were compliant with the elastic tape regimen, and a shorter treatment programme being necessary.

Conclusion:

The use of elastic taping in the conservative management of simple closed mallet finger injuries aids in a quicker recovery of active movement and function, with no compromise on final clinical outcome. This treatment regime will be contrasted with more traditional regimens for the mallet injury.

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Title: FROM BENCH TO DARTBOARD: THE EVOLUTION OF

OTAL WRIST ARTHROPLASTY

Author: SCOTT WOL=E

Title: INVESTIGATING THE VOLAR SINGLE INCISION APPROACH TO DISTAL BICEPS TENDON RUPTURE AND CORONOID PROCESS FRACTURE FIXATION

Author(s): IVOR PETERSEN, S PRETORIUS

Background:

Ruptures of the distal biceps tendon have received increased attention recently because they seem to occur more frequently than previously thought. Subsequently, more reparative surgery is done as rupture of the distal biceps tendon warrants operative repair, regardless of the patient's age, resulting in an excellent prognosis with early reattachment.

There are two main approaches to the surgical procedure: The two incision and the one incision volar approach, each with its advantages and disadvantages.

Investigation of the volar single incision horizontal approach forms the foundation of this study. With this approach however, directly in the plane of the dissection lies a deep venous plexus also known as the "Leash of Henry". This series of veins lies directly anterior to the insertion of the distal biceos tendon in the radial tuberosity and, in the clinical and operative setting, limits proper exposure.

The primary objective of this cadaver study is to investigate and describe the anatomy and clinical importance of the Leash of Henry in order to maximize surgical exposure to the radial tuberosity insertion site.

Secondary aims include: (i) the anatomy (and variations) of the recurrent radial artery and the origin of the radial artery with surgical exposure; and (ii) whether this approach can provide safe and adequate exposure to the coronoid process.

Methods:

This cadaver study will evaluate above aims and objectives by simple anatomical dissection. Twenty-five to thirty cadaver arms will be dissected. It is a descriptive study investigating the anatomy of the anticubital fossa aimed at answering above research aims. Gender, age and race are neither inclusion nor exclusion criteria of the study.

The veins of the forearm will be injected with dye after ligation to establish collateral flow proximal to the anticubital fossa, or congestion distally.

Possible variations in the anatomy of the recurrent radial artery and the origin of the radial artery will be described.

Exposure of the coronoid process will be scrutinised, especially regarding its relation to the median nerve and the brachial artery with this approach.

In Conclusion:

This cadaver study will allow the investigator to revisit the anatomy of the anticubital fossa in order to maximize surgical exposure safely.

If the entire "Leash of Henry" deep venous plexus can be sacrificed without causing venous congestion of the forearm, with adequate collateral venous flow proximal to the anticubital fossa, it will:

- i. Maximize safe surgical exposure
- ii. Decrease surgical time
- iii. Give the surgeon peace of mind
- iv. Decrease the risk of post-operative bleeding as all veins can be ligated in a controlled manner intra-operatively

The study will, conversely, also demonstrate which certain branches (if any) of the deep venous plexus may be ligated without causing venous congestion.

Although the literature advocates ligation of the recurrent radial artery, the study will investigate whether it can be spared (retracted) on a regular, consistent basis as it supplies (though not solely) the Supinator, Brachioradialis and Brachialis muscles, as well as the elbow joint. Describing the origin and initial course of the radial artery is also important with this operative approach as it should, from an anatomical point of view, be a significant obstacle during surgical dissection, which the literature does not suggest.

Key Words:

Anticubital fossa, surgical approach, distal biceps tendon rupture, coronoid exposure, radial nerve, lateral antebrachial cutaneous nerve, radial artery, deep venous plexus, Leash of Henry

Title: EVALUATION OF MINIMALLY INVASIVE CARPAL TUNNEL DECOMPRESSION USING THE KNIFELIGHT®

Author(s): ABDUL RAWOOT, AJMAL IKRAM

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Aim:

To evaluate retrospectively the safety and effectiveness of the minimally invasive Carpal Tunnel decompression using the Knifelight® (Stryker)

Method:

We reviewed 45 patients who had Carpal Tunnel decompressions using the minimally invasive technique. All cases were done under local anaesthesia. Our surgical approach differed from the more common technique using the Knifelight® in-that our incision was made at the distal margin of the flexor retinaculum along the median palmer crease and measured approximately 15mm. The flexor retinaculum was then blindly divided in a proximal direction with transillumination from the light source of the Knifelight® serving as a guide. Our patients were followed-up at 2 and 6 weeks post-operatively. They were assessed for any complications and functional outcome using the Boston Carpal Tunnel Questionnaire.

Results:

We recorded one complication (superficial wound infection in a type 1 Diabetic patient). No damage to Median nerve or its branches. Patients experienced less scar tenderness and pillar pain and had excellent functional outcome.

Conclusion:

Carpal Tunnel decompression using the Knifelight® is a safe and effective method.

Title: THE OUTCOME OF POST SURGICAL RECURRENT CARPAL TUNNEL SYNDROME TREATED WITH AN EXTENDED RELEASE AND A SYNOVIAL FLAP

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Aims of Study

To evaluate the efficacy of treating post surgical recurrent carpal tunnel syndrome with an extended carpal tunnel release and a synovial flap.

Method

A retrospective study was done over 18 months to firstly asses the recurrence rate of carpal tunnel syndrome postoperatively, and secondly to evaluate if extended carpal tunnel release with accompanying synovial flap is a successful treatment modality. 234 Carpal tunnel releases were performed curing the period of 1 January 2010 to 3C June 2011. During this period 11 patients presented at our clinic with symptoms and clinical signs suggestive of recurrent carpal tunnel syndrome.

Nerve Conduction studies confirmed the recurrence of carpal tunnel syndrome. An extended carpal tunnel release was performed with a synovial flap.

Patients were followed up at the clinic to asses improvement and resolution of symptoms.

<u>Results</u>

All the patients included in the study were female and older than 45 years of age and had several comorbid diseases. 9 out of 11 patients had complete resolution of their symptoms. 2 Patients who did not improve were found to have median nerve damage and had suboptimal improvement.

Conclusion

The study shows that an extended carpal tunnel release with a synovial flap is a good treatment modality for recurrent carpal tunnel syndrome.

Title: COMPARING TENDON TRANSFERS TO INCREASE EXTERNAL ROTATION IN OBPI

Author(s): MICHAEL SOLOMONS, S ROCHE, M MAREE

Arthroscopic release of the internally rotated shoulder following Obstetric Palsy is well described. The technique to maintain external rotation by means of a tendon transfer is more controversial. At Groote Schuur Hospital we have used the L'Episcopo transfer, the Carlioz procedure and the lower third of trapezius as a transfer. These three techniques will be compared and our current protocol discussed.

Title: NERVE TRANSFERS: ADVANCES, EVIDENCE AND

EXPECTATIONS. WHEN DO WE APPLYTHIS EXCITING

TECHNIQUE?

Author: SCOTT WOLFE

Title: AN ASSESSMENT OF A TWO LAYER SUBCUTICULAR CLOSURE USING POLY-GLE-CAPONE 25 (MONOCRYL) SUTURES IN HAND SURGERY

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Introduction

Most hand surgery texts recommend the use of fine, interrupted nylon sutures for skin closure and most hand surgeons utilize this technique. There have been anecdotal reports of poor results using buried, absorbable sutures and this method is thus not popular. Elsewhere in the body, however, the use of an absorbable, two layered sub-cuticular closure has been associated with excellent results and has become the standard of practice.

Methods and Materials

This report is a retrospective review of a single surgeon's experience with absorbable subcuticular closure in hand surgery. The author uses only Monocryl brand (Ethicon). The author's skin closure protocol consists of a layer of interrupted deep dermal sutures, followed by a sub-cuticular closure, with buried start and end knots. The start knot consists of a standard deep dermal suture and the end knot consists of an Aberdeen knot with 4 throws. Post-operative dressing consists of polyurethane spray and steri-strips. No scar massage is performed in the first three weeks.

Results

82 Patients were submitted for review. There were 38 males and 44 females. The average age was 49.28 years (range 9 months - 87 years). 38 Left hands and 44 right hands were operated on. 25 Cases were emergent and 57 elective. The case spread was as follows: Tendon/ligament surgery = 6, Flap surgery = 5, Nerve compression = 36, Trauma = 21, Tumours = 6 and 0ther = 8. The monocryl gauges used were as follows: 3/0 = 6, 4/0 = 11, 5/0 = 63 and 6/0 = 2. There were 6 wound related complications (7.3%) which were all minor. 4 Suture granuloma reactions and 2 minor wound dehiscence were noted.

Conclusion

The author's experience with subcuticular monocryl has been very positive. The patients are almost universally very pleased with the results. Additional benefits include the absence of "tram-track" scars associated with external sutures as well as more streamlined follow up as there is no need for suture removal. The wound complication rate, although all minor, is nevertheless acceptable and suggests that this method of closure is not associated with poorer wound healing.

Title: BILATERAL POST BURN CONTRACTURE OF THE HANDS WHICH COMPLICATED INTO MARJOLIN ULCERS – SQUAMOUS CELL CARCINOMA

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Abstract:

Background:. We describe here a very rare presentation of bilateral post burn contracture of hands which complicated into Marjolin ulcers- squamous cell carcinoma.

Material: The patient with bilateral squamous cell carcinoma post burn scar.

Method: The patient with bilateral squamous cell carcinoma pos burn contractures presented as a referral from one of our peripheral hospitasl with chronic ulcerations that were done biopsy at that hospital with histologic results of squamous cell carcinoma. The patient was later done excisional biopsy in our hospital and also confirmed the diagnosis of squamous cell carcinoma of both hands. The patient also had a satellite lesion on the axilla that was also biopsied and also confirmed squamous cell carcinoma.

Results: The (R) hand was treated with a free flab that later sloughed on the periphery (Fig)

Conclusion: To our knowledge bilateral squamous cell carcinoma of hands post burns has not been reported in the literature so far and its presentation is a matter of discussion.

Title: CASE STUDY - METACARPOPHALANGEAL ARTHROPLASTY USING THE ASCENSION® MCP SYSTEM IN ANKYLOSIS FOLLOWING SEPSIS

Author(s): CHRISTOPHER E PRICE, M SOLOMONS.

A 50 year old man who had sustained a "fight bite" 12 years ago presented to our clinic with a stiff index finger. There was bony anklysosis of the second metacarpophalangeal joint with relatively well preserved range of motion at the proximal and distal interphalangeal joints. He was consented for arthroplasty using the Ascension MCP System and the excellent postoperative results are shown.

Title: THE VOLAR APPROACH TO THE SRS PIP

ARTHROPLASTY - A CASE SERIES IN GOLFERS

Author: SCOTT WOLFE

Title: COMPARISON OF NERVE TRANSFERS AND NERVE

GRAFTING FOR UPPER PLEXUS PALSY

Author: SCOTT WOLFE

Title: SELECTED GOOD RESULTS IN BRACHIAL PLEXUS

SURGERY

Author: MIKE SOLOMONS

In the General Orthopaedic and Hand Surgery Community there remains skepticism and doubt as to the reconstructive gains that can be achieved in modern Brachial Plexus Surgery. This presentation will highlight some fantastic results with good functional recovery. While it is accepted that total plexus palsy is very difficult to reconstruct, partial injuries especially in younger patients can be associated with very gratifying results

Title: AVOIDING NON-UNION: THE CASE FOR

PERCUTANEOUS SCAPHOID FIXATION

. Author: SCOTT WOLFE

Title: THE LIEBENBERG SYNDROME

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In 1972 Dr Freddie Liebenberg described a syndrome which looked similar to radial dysplasia (radial club hand). He published his findings in the SA Medical Journal 5 May 1973 entitled "A Pedigree with Unusual Anomalies of the Elbows, Wrists and Hands in Five Generations".

Recently we added 2 more generations, including an entirely different branch of the family tree, bringing the total of affected members to some 33 individuals.

This autosomal dominant Syndrome will be discussed in detail which affects only the upper limbs.

Genetic studies indicate that Chromosome 5 is implicated.

In essence it seems that the developing limb-bud is being directed to form a knee joint at the elbow, and an ankle joint at the wrist.

Title: ULNAR-SIDEDWRIST PATHOLOGY: AN ALGORITHMIC

APPROACH TO TFCC, CHRONIC RADIO-ULNAR

INSTABILITY

Author: SCOTT WOLFE

Title: MID-CARPAL INSTABILITY: MAKING SENSE OF

(CIND)

Author: SCOTT WOLFE

Title: SCAPHOLUNATE LIGAMENT INJURY:

A CASE-BASED APPROACH TO TREATMENT

Author: SCOTT WOLFE

Title: CONNECTION BETWEEN A2 PULLEY AND

OBLIQUE RETINACULAR LIGAMENT: ANATOMICAL

DISSECTION

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Anatomic dissection of a fresh frozen hand of an adult male revealed an interesting ligament. A connection between the A1 pulley and the oblique retinacular ligament could be identified. This ligament occurred only on the radial aspect of the index and middle fingers but not in the remaining digits. On simulated flexion of the digit an interesting relationship seems to exist between the connection from the pulley, the Landsmeer ligament and the lateral band.

Previous reports of this connection can be found in the Canadian literature. The author will merely attempt to draw attention to interesting variations found in relation to the oblique retinacular ligament.

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Author: SCOTT WOLFE

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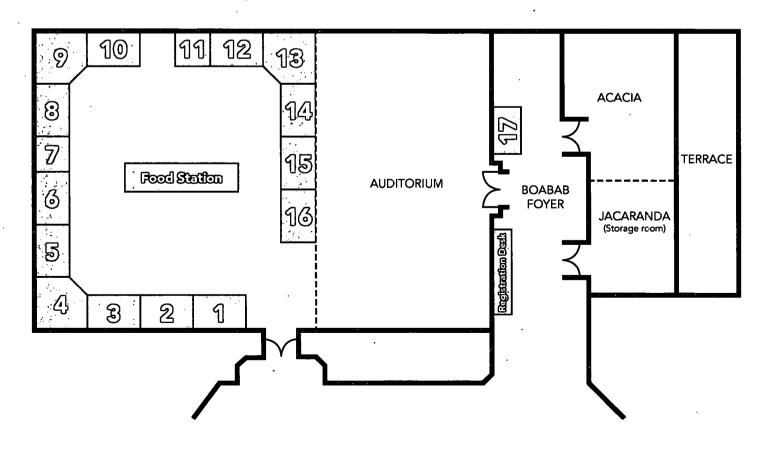
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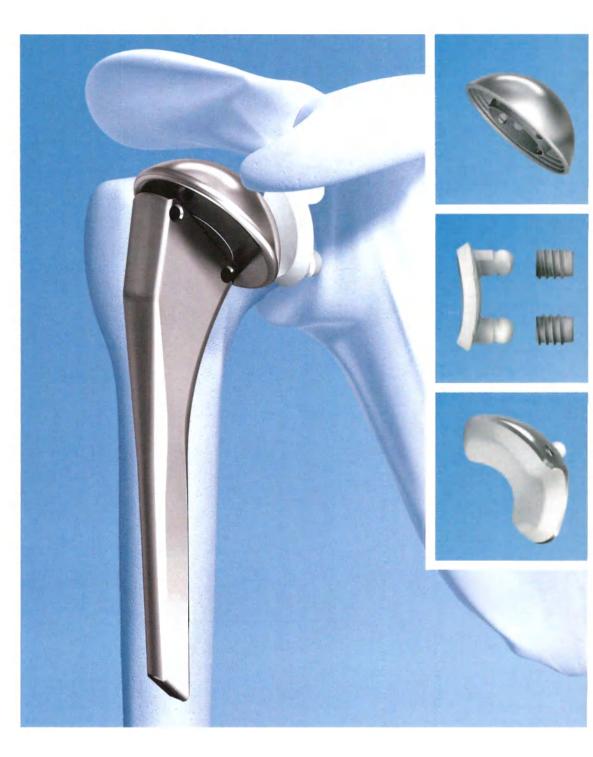
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