



# Principles of Intramedullary Nailing

## Programme

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|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0830 - 0900 | Registration and refreshments                                                                                                                                                                     |
| 0900 - 0905 | Welcome and introduction                                                                                                                                                                          |
| 0905 - 0915 | Principles of fracture healing: absolute and relative stability                                                                                                                                   |
| 0915 - 0930 | Principles of IM tibial nail fixation: theatre set-up/technique                                                                                                                                   |
| 0930 - 1045 | <b>Practical 1: Tibial IM nail</b>                                                                                                                                                                |
| 1045 - 1100 | Break                                                                                                                                                                                             |
| 1100 - 1115 | Principles of IM femoral nail fixation (ante-grade): theatre set-up/technique                                                                                                                     |
| 1115 - 1230 | <b>Practical 2: Ante-grade IM femoral nail</b>                                                                                                                                                    |
| 1230 - 1245 | Complications of IM nail fixation (including compartment syndrome)                                                                                                                                |
| 1245 - 1300 | Difficulties in fracture reduction <ul style="list-style-type: none"> <li>- Proximal tibial fractures</li> <li>- Proximal femoral fractures</li> <li>- Segmental fractures</li> </ul>             |
| 1300 - 1330 | Lunch                                                                                                                                                                                             |
| 1330 - 1345 | Principles of IM femoral nail fixation (retro-grade): theatre set-up/technique                                                                                                                    |
| 1345 - 1430 | <b>Practical 3: Retrograde IM femoral nail</b>                                                                                                                                                    |
| 1430 - 1445 | Introduction to advanced nailing techniques <ul style="list-style-type: none"> <li>- Temporary reduction tools</li> <li>- Blocking wires /screws</li> <li>- Supra-patellar tibial nail</li> </ul> |
| 1445 - 1545 | <b>Practical 4: Suprapatellare nailing technique</b> <ul style="list-style-type: none"> <li>- <b>Blocking wires</b></li> </ul>                                                                    |
| 1545 - 1600 | Break                                                                                                                                                                                             |
| 1600 - 1630 | Review of the day <ul style="list-style-type: none"> <li>- Cases (tibial and femoral nails)</li> </ul>                                                                                            |
| 1630        | Close                                                                                                                                                                                             |