Sinus Tarsi Plate™
Surgical Technique | Calcaneal Fracture Fixation System™
Exposure and Reduction

- Expose the calcaneus using a standard sinus tarsi incision 5mm inferior to the distal tip of the fibula towards the 4th metatarsal base.
- Reduce fracture and temporarily fix with pins as needed.

Posterior Facet Stabilization

- After the posterior facet has been reduced, drill using a 2.3mm (red) drill aiming for the sustentaculum. If compression is required, use 3.2mm (white) drill to over-drill the proximal fragment.
- Insert appropriate length 3.2mm screw. If desired, repeat steps above to place a second screw parallel to the first. Confirm screw placement with fluoroscopy.

Plate Application

- Use an elevator to separate soft tissue from the lateral calcaneal wall.
- Select appropriately sized one- or two-limb sinus tarsi plate.
- Insert plate and temporarily secure with K-wires. Using the 2.3mm (red) drill, place either locking screws with the screw-in guide (GUIDELCBS-2.3) or non-locking screws with the standard guide (GUIDE-2.3/3.2).
**Bearing Positioning**

- Aim guide to desired position between previously placed screws to support the posterior facet. Finger tighten guide to lock. Remove extender handle and insert 1.1mm K-wire to confirm the trajectory of the peg on C-arm.
- Measure appropriate length with wire gauge. Drill over 1.1mm K-wire with 2.1mm cannulated drill (yellow). Remove K-wire. Insert the 2.3mm pegs (up to 36° angulation).

**Final Fixation**

- Repeat insertion steps above to complete fixation with additional pegs as needed.
- Confirm that all screws and pegs are fully seated prior to closing incision.

**Screw Insertion**

- Insert 3.2mm cortical locking or non-locking screws into corresponding screw holes through incision site.
- Use the “perfect circle” freehand technique to make stab incisions to insert remaining screws percutaneously.
• The Bearing Reduction Tool can be used to re-establish the alignment of the bearings to the drilled holes before inserting the pegs.

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**Sinus Tarsi Plate**

**LEFT**
- CLSL-07
- CLSL-08
- CLSL-09
- CLSL-11

**RIGHT**
- CLSR-07
- CLSR-08
- CLSR-09
- CLSR-11

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**Cortical Screw**
- HEX3.2-xx
- *18mm to 54mm*

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**Cortical Locking Screw**
- LCBS3.2-xx
- *18mm to 54mm*

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**Smooth Locking Peg**
- SPEG2.3-xx
- *24mm to 50mm*

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**Bearing Reduction Tool**
- BRT

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**Drill Guide**
- GUIDELCBS-2.3
- PEG-GUIDE

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**Peg Extender**
- PEG-XTNDR

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**X-RAYS**

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**TIP**

The technique presented is one suggested surgical technique. The decision to use a specific implant and the surgical technique must be based on sound medical judgment by the surgeon that takes into consideration factors such as the circumstances and configuration of the injury.