Tibial Plateau Fractures

“Bumper Fracture”
Mechanism

• Axial loading with VALGUS force
• Axial loading with VARUS force
Classification

Schatzker J, McBroom R and Bruce D.
(Clin Orthop 1979)
Patient No-1

- Aged - 35 Female
- Epileptic
- Fell 4ft off a ladder
- Closed injury left knee
- Multifragmentary Fracture
Management

- Splintage
- Tomograms
- EUA-Screening Reduced in Varus
- Cast brace - for 8 wks
Outcome at 3 months

- Asymptomatic
- Stable knee
- Full ROM
- Union
Patient No-2

- Aged 56 Female
- NIDD
- Nurse
- Pedestrian hit by a car
- Closed Left Schatzker VI
Management

• EUA & Skeletal traction-4wks
• Hinged cast brace for-8wks
• NWB for-4wks
• PWB for-4wks
• Physio
Outcome at 3 months

- Asymptomatic
- ROM O-110 Degrees of flexion
- Well preserved joint space
- Union
Patient No-3

- Aged 39 Male
- Came off his bike at 20 mph
- Open(Gustillo 3B)Schatzker VI
- Patellar tendon avulsion
- No NVD
Management

- ORIF at 24 hrs
- Mid line approach (PT avulsed!)
- Condylar plates + Lag screws
- Immobilised for 2 weeks
- Hinged cast brace
Outcome at 3 months

- Infected
- Stiff ROM 0-
- Painful
Patient No-4

- Aged 27 Male
- On Bike, Side impact at 30mph
- Open # distal pole of patella & undisplaced lateral condylar #
- No NVD
Management

- Wound debridement
- Patello-Tibial wiring
- NWB for 6 wks
- Removal of wire at 4 months
- Physiotherapy
Outcome at 6 months

- Pain on walking long distances
- No sport
- Awaiting removal of a scar neuroma
- ROM 0-120 degrees
Patient No-5

- Aged 38 Female
- Assaulted & Fell downstairs
- Soft tissues healthy
- No NVD
- Schatzker-II injury
Management

- Tomograms
- ORIF through lateral approach
- B.Graft + Lateral condylar plate
- CPM, Cast brace, PWB 6wks
- Physiotherapy
Outcome at 2-months

- Asymptomatic
- Stable
- ROM 0-130 Degrees
Patient No-6

- Aged -53 Female
- Tripped and fell
- Minimal soft tissue injury
- No NVD
- Schatzker III
Management

- Tomograms
- NWB-4wks
- PWB-4wks
- Physiotherapy
Outcome at 2-months

- Asymptomatic
- Full ROM