EXTENDED BURKS & SCHAFFER APPROACH FOR POSTEREMEDIAL TIBIAL PLATEAU FRACTURE FIXATION

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Introduction: Tibia plateau fractures can be complicated and challenging to fix. We present a case of posterior column tibial plateau fracture fixation by anti-glide Buttress T-Plate using an extended Burks & Schaffer approach.

Discussion: The purpose of this report is to understand a novel approach for exposing the posteromedial fragment of tibial plateau fracture and also the PCL attachment. Burks and Schaffer's approach initially describes simplified exposure to the PCL avulsion fixation. This approach defines the plane between the medial gastrocnemius and the semimembranosus tendon. By extending this approach distally, the posterior tibial plateau fragment can be visualized. Prone positioning of the patient facilitates both fracture reduction and placement of an anti-glide buttress plate.1,2 After reduction, two rafting screws fixed via posterior to anterior direction.

Conclusion: In conclusion, using extended Burks & Schaffer approach, adequate visualization of the posterior medial tibial column for fixation of the tibial plateau can be achieved.