

RADIAL HEAD FIXATION VIA WRIGHTINGTON'S APPROACH

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Introduction: Wrightington approach is a technique through modified posterior approach that was developed following dissections of 22 human cadavers and 13 clinical trials to find a accessible approach to the head of the radius that is safe, reproducible, and gives excellent exposure but leaves the annular ligament intact.

Discussion: 63 years old presented with pain and swelling of left forearm following fall. The patient was diagnosed as closed comminuted fracture proximal 3rd left ulna with left radial head fracture and planned for proximal ulna locking plate and radial head locking plate with anchored sutures standby. Intraoperatively, the olecranon was approached posteriorly, and the radial head was approach via the Wrightington approach via the same skin incision. We opted out for this approach as we can use one single approach to fix the olecranon and radial head. Post operatively she was put on elbow brace and 14 weeks post-operation she is doing well with no complication and good range of motion around 0-120 degrees. A study was carried out to find a straightforward approach to the head of the radius. Wrightington's approach is made by incising lateral to the olecranon, and the radial head is easily subluxed, making the procedure easier and decreasing the risk of damage to the capitellum through forced reduction and leaves the lateral ligament complex intact. It preserves the annular ligament and interosseous membrane while in lateral approach involves incising the lateral ligament complex in which if damaged can lead to varus and valgus external rotatory laxity.

Conclusion: In conclusion, Wrightington approach is a helpful and safe way in giving excellent surgical access. It avoids injury to essential nerves, especially the posterior interosseous nerve and preserves the annular ligament, lateral ligament complex, and the interosseous membrane.