

Subject: BioBrace - Plantar Plate Repair
Date: Monday, September 9, 2024 at 12:51:51 PM Central Daylight Time
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BioBrace Foot & Ankle Team-

A reminder on the past couple of E-mails provided:

- Medial Ankle Stabilization – Deltoid Repair
- Peroneal Tendon Repair
- ***Achilles Midsubstance “Non-Insertional” Repair**
- ***Achilles “BioBridge” for Insertional Repair**
 - **Registration:** [Webinar with Dr. Sorensen TONIGHT on BioBrace for Achilles Insertional and Non-Insertional repair](#) (5pm CDT)
 - Dr. Vacketta’s ATFL webinar has recently been added to HighSpot

The next BioBrace technique we would like to breakdown is **Plantar Plate Repair:**

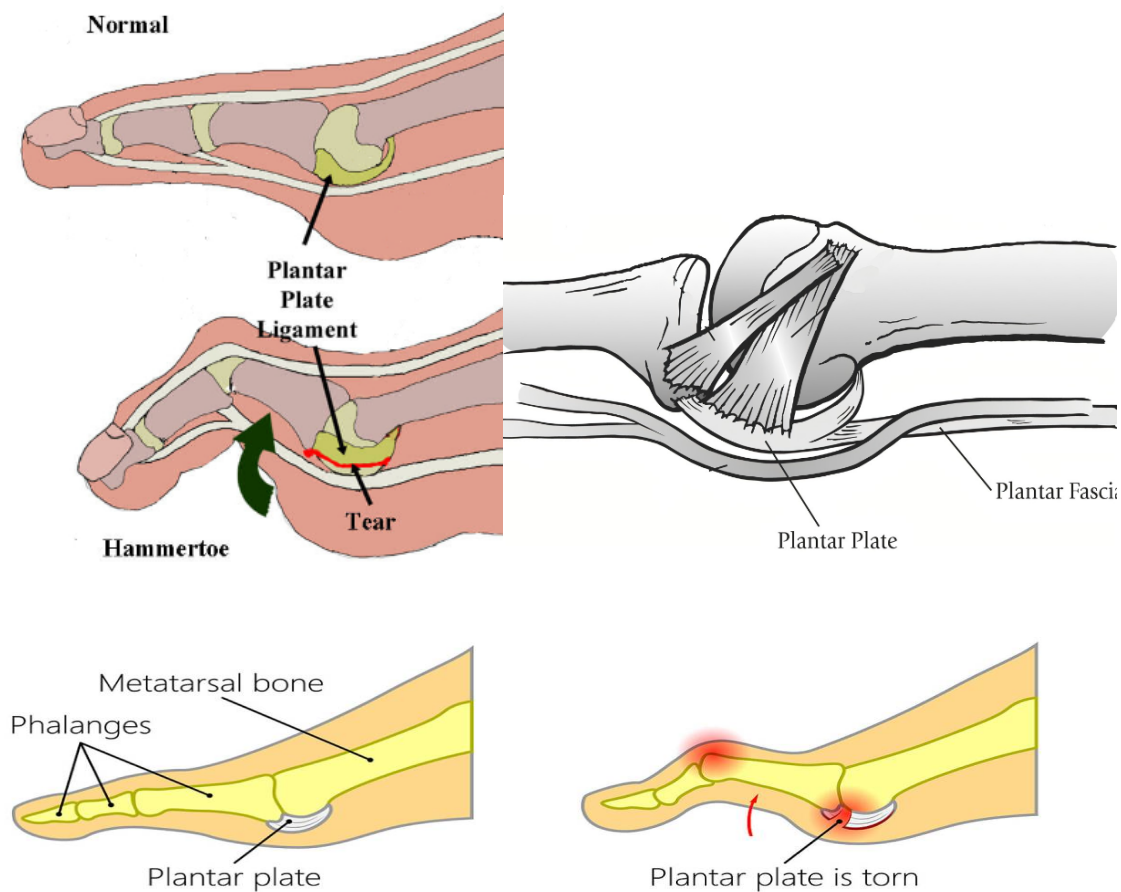
The Plantar Plate ligament connects the proximal phalanx to the metatarsal head – it holds the toe down when you’re walking. It’s thin at the metatarsal head and gets more robust distally toward the phalanx.

Surgeons will consider augmenting the Plantar Plate if there is poor tissue quality (atrophic/attenuated) or if there is multiplanar deformities (reinforcing with BioBrace will maintain alignment of the toes and avoid them from drifting back over). *BioBrace can restore tissue quality via the collagen scaffold/rapid integration of new tissue while also adding strength to prevent the Plantar Plate ligament from drifting back to its malaligned position the patient came in with.*

Adding BioBrace to reinforce the Plantar Plate can help avoid the need of pinning across the MTPJ – which reduces stiffness and chances of an OCD to the metatarsal head!

General overview of the Plantar Plate and helpful resources:

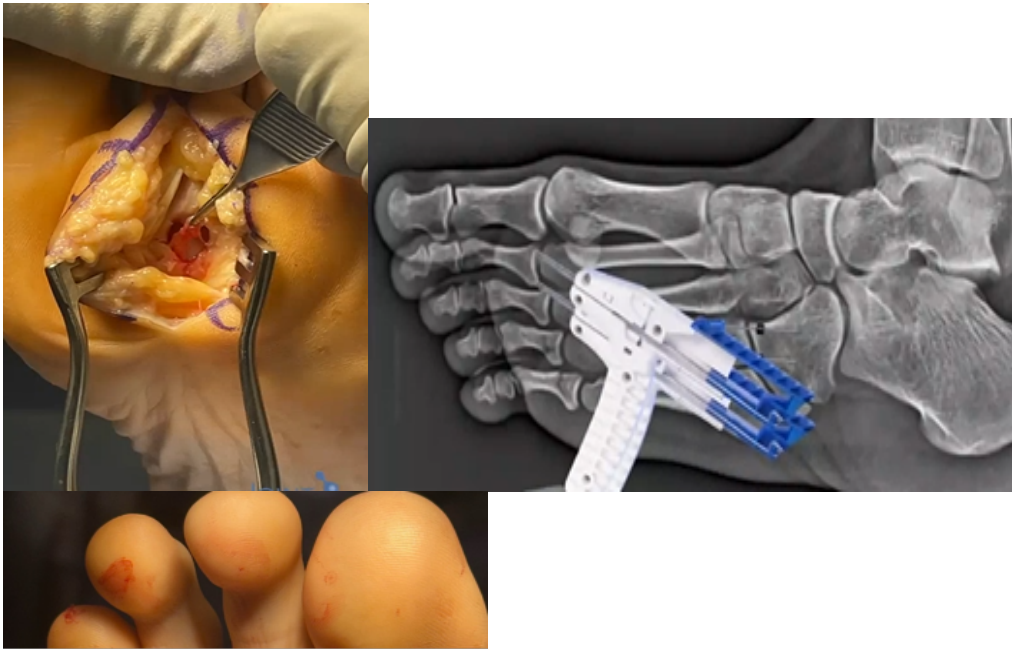
- Dr. Togher’s Plantar Plate webinar – will be added to HighSpot today
- [Plantar Plate Repair using CONMED TruShot All-Suture anchors](#)
- [Plantar Plate ligament maintains alignment of the metatarsals](#)
- [Plantar Plate Pathology](#)



BioBrace 5X250 being used for Plantar Plate Repair (Plantar Approach):

*This application is ideally for surgeons performing plantar approaches to their Plantar Plate repairs.





- Direct plantar imbrication – making an incision on the bottom of the foot, retracting, and imbricating (tightening up the ligament)... then reinforcing with the BioBrace
 - Button Hole Tear (1st picture) → imbricate and reinforce. Simply re-approximate the ligament and suture on the BioBrace (#0 Vicryl), often not needing any anchors.
 - Avulsion of Ligament off Phalanx → always need suture anchors (TruShot Shallow) to re-attach the ligament to the phalanx.
- TruShot All-Suture Anchors – one or two shallow anchors placed in the Phalanx directly where the Plantar Plate normally attaches, aimed slightly distally into the canal of the bone where there is a strong cortical cortex.
- **What should I have available for Plantar Plate cases?**
 - BioBrace (23X30 and 5X250)
 - 2-0 Shallow TruShot All-Suture anchors (multiple)
 - IBS Snap-off Screws
 - AlloAid PIP Hammertoe implants

Please reach out to me for further clarification or any questions.

Have a great week!!

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