

# Minimally Invasive Plate Osteosynthesis (MIPO): A Comprehensive Guide to the Surgical Technique

Minimally invasive plate osteosynthesis (MIPO) is a surgical technique that provides an alternative to traditional open reduction and internal fixation (ORIF) for treating fractures.

MIPO involves the use of small, narrow plates and screws that are inserted through small incisions, minimizing damage to surrounding tissues. This technique offers several advantages over ORIF, including reduced pain, improved cosmesis, and faster recovery times.



## Minimally Invasive Plate Osteosynthesis (MIPO): Concepts and cases presented by the AO East Asia (AO Co-Publications) by G On Tong

★★★★★ 5 out of 5

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## Indications for MIPO

MIPO is indicated for the treatment of a variety of fractures, including:

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- Diaphyseal fractures of the humerus, radius, ulna, femur, and tibia
- 
- Extra-articular fractures of the distal radius and ankle
- 
- Pathologic fractures
- 
- Revision surgeries

### **Advantages of MIPO**

MIPO offers several advantages over ORIF, including:

- Minimally invasive
- Reduced pain
- Improved cosmesis
- Faster recovery times
- Lower risk of infection
- Less scarring
- Better preservation of soft tissue

### **Technique**

MIPO is performed under general or regional anesthesia. The surgical site is prepared and draped, and a small incision is made over the fracture site. A guide wire is then inserted into the fracture and used to place the plate and screws.

The plate is secured to the bone using screws, and the incision is closed with sutures. The entire procedure typically takes less than an hour.

### **Postoperative Care**

After surgery, the patient is typically placed in a cast or splint to immobilize the fracture. The cast or splint is usually removed within 6-8 weeks, and the patient is allowed to gradually resume normal activities.

Physical therapy may be necessary to help the patient regain range of motion and strength in the injured limb.

### **Risks and Complications**

MIPO is a relatively safe procedure, but there are some risks and complications associated with the surgery, including:

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- Infection
- 
- Bleeding
-

- Nerve damage
- 
- Hardware failure
- 
- Delayed union or nonunion
- 
- Malunion

MIPO is a minimally invasive surgical technique that offers several advantages over traditional ORIF for the treatment of fractures. The technique is less invasive, results in less pain and scarring, and allows for a faster recovery time.

MIPO is a safe and effective procedure, but there are some risks and complications associated with the surgery. These risks should be discussed with the patient before surgery.



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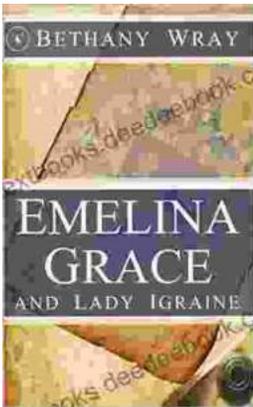
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