

## OTA Tip-of-the-Month – December 2011

### No-Hands Retraction

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Sometimes a picture is worth a thousand words. This one shows how I do “Hands Free” retraction during fixation of an intertrochanteric fracture with a sliding hip screw.

A sterile towel is passed over the rod holding the vertical isolation drape. Clamped at the proper height, it suspends a towel clamp. The handle of a Bennett retractor is placed into each of the clamp’s finger loops. Tension is adjusted to position the retractors for optimal visualization, without excessive tissue pressure.

