Suprapatellar Versus Infrapatellar Tibial Nail Insertion

1. **Suprapatellar**
   a. Advantages
      i. Can prepare and insert nail with knee extended
      ii. More simple access to entrypoint at proximal tibia
      iii. Avoids patellar tendon, theoretically less anterior knee pain
      iv. Avoids risk to infrapatellar nerve
      v. Avoids insertion trough poor skin if skin at proximal tibia is damaged
   b. Disadvantages
      i. Have to place instruments across the patellofemoral joint, potentially damaging joint surface
      ii. Higher impact loads across patellofemoral joint
      iii. Not as well studied as infrapatellar insertion

2. **Infrapatellar**
   a. Advantages
      i. Tried and true method
      ii. No potential for damage to patellofemoral joint
   b. Disadvantages
      i. Very difficult in proximal tibia fractures as knee is required to be flexed during nail insertion
      ii. Patellar tendon needs to be navigated around or through