

## **How to Do a Long Intramedullary Hip Nail in 30 Minutes or Less: Limited Step Technique to Get Patients Off the Table**

*Matthew D'Ambrosio DO; David Keller DO; John Michael Yingling DO; Frank A Liporace MD; Richard S Yoon MD*

Jersey City Medical Center - RWJBarnabas Health, Jersey City, NJ, United States

**Purpose:** Here we present our reproducible, step-wise, limited step technique to perform a long intramedullary nail (IMN) for hip fracture in 30 minutes or less.

**Methods:** We are presenting a step-wise sequential approach for long IMN for use in hip fractures to outline the technique as well as pearls to avoid pitfalls for this common procedure. This step-wise approach is as follows: (1) Fracture table reduction. (2) Establish starting point and place long guidewire facilitated by cannulated awl. (3) Once appropriate length is established with guidewire, measure nail length and make incision. (4) Ream with 1 long reamer 1.5 mm above nail size (10 mm or 11 mm should use 11.5 and 12.5-mm reamers, respectively). (5) Ream proximally with reamer 0.5 mm above proximal body diameter (16.0 mm for 15.5-mm proximal body); ream past the lesser trochanter. (6) Place nail and lag screw. (7) One distal locking screw (2 if poor purchase, or more stability needed); can start closing proximal wound at this juncture.

**Results:** This is reliable, reproducible, and safe with mean nail insertion times close to 18 minutes and mean skin-to-skin closure time approximately 28 minutes.

**Conclusion:** Developed and refined by senior author(s), this limited technique offers less clutter and more efficient time of long IMN placement that rivals short IMN placement.