Indications: ALIANS ELBOW implants are dedicated to the fixation of fractures, osteotomies and pseudarthroses of the distal humerus and proximal ulna.

Contra-indications:
- Pregnancy.
- Acute or chronic, local or systemic infections.
- Lack of musculo-cutaneous cover, severe vascular deficiency touching the focus.
- Insufficient bone quality preventing a good fixation of the screws into the bone.
- Muscular deficit, neurological deficiency or behavioural disorders which could submit the osteosynthesis to abnormal mechanical strains.
- Foreign body sensitivity or allergy to one of the materials used.
- Patients with mental or neurological conditions who are unwilling or incapable of following post-operative care instructions.
- Patients with poor physical condition and/or mental instability.

**ALIANS ELBOW - Y PLATES REFERENCES**

<table>
<thead>
<tr>
<th>Ref</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>NTGY1</td>
<td>Distal humerus Y plate - Left - Size 1 - 12 holes - L134 mm</td>
</tr>
<tr>
<td>NTDY1</td>
<td>Distal humerus Y plate - Right - Size 1 - 12 holes - L134 mm</td>
</tr>
<tr>
<td>NTGY2</td>
<td>Distal humerus Y plate - Left - Size 2 - 15 holes - L180 mm</td>
</tr>
<tr>
<td>NTDY2</td>
<td>Distal humerus Y plate - Right - Size 2 - 15 holes - L180 mm</td>
</tr>
<tr>
<td>NTGY3</td>
<td>Distal humerus Y plate - Left - Size 3 - 18 holes - L226 mm</td>
</tr>
<tr>
<td>NTDY3</td>
<td>Distal humerus Y plate - Right - Size 3 - 18 holes - L226 mm</td>
</tr>
</tbody>
</table>

**ALIANS ELBOW - Y PLATES**

1. **Precontoured implant**
   - Right plate anodized in green
   - Left plate anodized in blue

2. **Monoaxial holes**
   - Ø3.5 mm single diameter fixation screws:
     - Cortical screw (CT3.5Lxx)
     - Locking screw (SOT3.5Lxx)
     - Non locking screw (QOT3.5Lxx)

3. **1 lateral support**
   - Removal medial support (a): it is possible to remove the medial support in specific cases.

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**PLATE BENDING**

ALIANS ELBOW - Y plates offer bending areas. In certain cases, it is possible to bend the plate thanks to the bending irons (ANC452) following the instructions below:
- Bending is only possible in the areas intended for this purpose.
- A bendable area should be bent only once and in one direction.
- Bending should not be performed excessively.
- The holes must be protected so as to avoid damaging the fixation. The oval-shaped distortion of the holes when bending the plate into shape is a particular risk.
**SURGICAL TECHNIQUE**

1. Drill using the guide gauge (ANC191). The screw length can be directly read on the guide gauge.

2. Insert a Ø3.5 mm cortical screw (CT3.5Lxx) into the oblong slot with the screwdriver (ANC083C). For optimal positioning, slide the plate using the oblong slot and tighten the cortical screw (CT3.5Lxx).

3. Lock the guide gauge (ANC186) in the most distal hole on the lateral column. Drill using the Ø2.7 drill bit (ANC089C) and directly read the depth on the guide gauge (ANC186).

4. To make the insertion of the Ø3.5 mm locking screw (SOT3.5Lxx) easier, widen the drilling made in the first cortex using the hand reamer (ANC463). Remark: perform reaming for the insertion of all locking screws.

5. Insert a Ø3.5 mm locking screw (SOT3.5Lxx) with the screwdriver (ANC083C).

6. Lock the guide gauge (ANC186) in the most distal hole on the medial column. Drill using the Ø2.7 drill bit (ANC089C) and directly read the depth on the guide gauge (ANC186).

7. Insert a Ø3.5 mm locking screw (SOT3.5Lxx) with the screwdriver (ANC083C).

8. Complete the fixation by inserting all the remaining Ø3.5 mm screws.

**FINAL RESULT**