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The repair of central slip of extensor tendon & open mallet usingMitek mini bone anchors: A retrospective study

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Purpose: The objective of this study was to describe our technique of usingMitek bone anchors to repair open mallet and open central slip avulsioninjuries, hence evaluating their post-operative outcomes.

Methods: Four patients with open mallet injury and ten patients with opencentral slip avulsions; were treated using the Mitek mini bone anchors. Ineach case, the extensor tendon was shaved off its point of insertion on themiddle or distal phalanx. All patients were operated within two days of theopen injury without any conservative measures preoperatively. Postoperatively, the joint was maintained in an extension with a single transarticularKirschner wire or splint for two weeks, followed by gradualmobilization, active and passive exercises. Each patient underwent anobjective evaluation to assess joint stability, the joint's range of motion andgrip strength compared to the uninjured side. Patient also underwent asubjective evaluation at the end of the follow-up period.

Results: The operative procedure was successful in all patients but one. Onepatient needed a relook procedure. Two patients were lost to follow-up, while the rest were followed up for a mean duration of 11 months (Range=5-24 months). Subjectively, two patients had excellent results, seven hadgood results, two had fair and one achieved poor results.

Conclusion: Mitek bone anchor is a useful tool to treat open extensor tendoninjuries, especially ones where the tendon has been shaved off at its insertionon the bone.

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