Intramedullary nailing has been the subject of eight technical tips in the Annals and yet none have addressed the problem of malalignment. Our technique uses a modified Poller (ie blocking) system to achieve optimal alignment. A 3mm K-wire is inserted medially across the medullary canal to guide the nail laterally. As the nail advances, it mounts the K-wire and further use of the hammer causes it to bend. The K-wire is then rotated through 90°. The J-shaped kink, with the apex pointing medially, guides the nail into a perfect position (Fig 1). The K-wire is removed after the nail is locked in the sagittal and coronal planes.

Reference

Figure 1 Left to right: Tibial nail mounts and bends K-wire. Subsequent rotation of the K-wire steers the tibial nail towards optimal alignment.