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(54) Title: FLEXIBLE PLATE FIXATION OF BONE FRACTURES

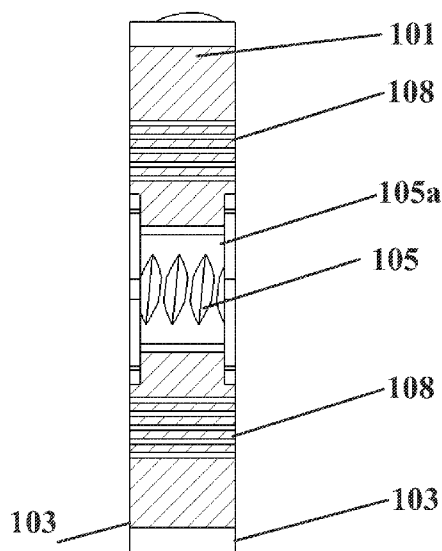


Figure 1A

(57) Abstract: Embodiments provide methods, apparatuses, and systems for fixation of a fractured bone. In various embodiments, the systems and plates may provide elastic suspension of the receiving holes relative to the osteosynthesis plate. This elastic suspension may promote load distribution between the screws that connect a bone segment to the plate, thereby reducing stress risers and load shielding effect. In addition, stress at the screw holes, and within the construct as a whole, is reduced by incorporation of these elastic elements in the plate. Additionally, in some embodiments, for instance if fracture healing by callus formation is desired, elastic suspension of the receiving holes relative to the osteosynthesis plate may enable small, controlled amounts of relative motion between bone fragments connected by the plate, which may promote fracture healing by callus formation.



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FLEXIBLE PLATE FIXATION OF BONE FRACTURES

Cross Reference to Related Applications

[0001] The present application claims priority to U.S. Provisional Patent Application No. 61/428,745 filed December 30, 2010, entitled “FLEXIBLE PLATE FIXATION OF BONE FRACTURES,” and to U.S. Provisional Patent Application No. 61/357,855 filed June 23, 2010, entitled “FLEXIBLE PLATE FIXATION OF BONE FRACTURES,” the disclosures of which are hereby incorporated by reference in their entirety.

Technical Field

[0002] Embodiments herein relate generally to devices for fixation of a fractured bone.

Background

[0003] Osteosynthesis plates for stabilization of bone fractures typically are applied with bone screws. Traditionally, bone screws compress a plate onto the bone surface to provide stable fixation. More recently, locking plates have been introduced, which typically have threaded receiving holes for positive, angle-stable engagement with the threaded head portion of a locking screw. These locking plates may provide more stable fixation in the ends of weak, osteoporotic bone compared to traditional, non-locking plates.

[0004] Clinically, plate osteosynthesis constructs face two principal challenges. First, an osteosynthesis construct may alter the load distribution in bone, which may either cause bone resorption in cases exhibiting load shielding, or bone fracture due to implant-induced stress risers. Second, the high stiffness of a plate osteosynthesis construct may suppress relative displacement between bone fragments, whereby this interfragmentary motion is important to promote the natural cascade of fracture healing by callus formation. Therefore, overly stiff locking plate constructs may delay or prevent fracture healing by callus formation.

Brief Description of the Drawings

[0005] Embodiments will be readily understood by the following detailed description in conjunction with the accompanying drawings. Embodiments are illustrated by way of example and not by way of limitation in the figures of the accompanying drawings.

[0006] **Figure 1A** illustrates a top view, a longitudinal cross-sectional view, and a transverse cross-sectional view of an example of a bone plate having a rivet paired with symmetrically arranged elastic segments and a non-circular, quasi-rectangular through hole, in accordance with various embodiments;

[0007] **Figure 1B** illustrates bottom, perspective and side views of an example of a rivet for use with the bone plate illustrated in **Figure 1A**, wherein the rivet has a generally circular head and a threaded, non-circular expansion portion, in accordance with various embodiments;

[0008] **Figure 2A** illustrates a perspective assembly view of a bone plate having a rivet, a locking screw, and a plate section with symmetrically arranged elastic segments, in accordance with various embodiments;

[0009] **Figure 2B** illustrates a partial perspective assembly view of the bone plate illustrated in **Figure 2A**, having a rivet, a locking screw, and a plate section with symmetrically arranged elastic segments, in accordance with various embodiments;

[0010] **Figure 2C** illustrates a top view of a bone plate having a rectangular rivet, a screw, and a plate section with symmetrically arranged elastic segments flanking the screw receiving hole on either side, in accordance with various embodiments;

[0011] **Figure 2D** illustrates a cross-sectional view of the bone plate of **Figure 2C**, in accordance with various embodiments;

[0012] **Figure 2E** illustrates an exploded perspective view of the bone plate of **Figure 2C**, in accordance with various embodiments;

[0013] **Figure 3A** illustrates a side view of an example of a screw with a thread that has a consistent core diameter, but an increased outer

diameter in the vicinity of the screw head, in accordance with various embodiments;

[0014] **Figure 3B** illustrates a top view of a bone plate having a corresponding thread in the plate hole that extends across the motion gap into the plate, in accordance with various embodiments;

[0015] **Figure 3C** illustrates a transverse cross-sectional view of a bone plate having a corresponding thread in the plate hole that extends across the motion gap into the plate, in accordance with various embodiments;

[0016] **Figure 4A** illustrates a perspective assembly view of an embodiment of a bone plate assembly that limits deflection of the screw hole member out of the plane of the plate, while allowing for a controlled amount of translation of the screw hole member in the direction of the plate longitudinal axis, in accordance with various embodiments;

[0017] **Figure 4B** illustrates a transverse cross-sectional view of the bone plate assembly illustrated in **Figure 4A**, showing that the threaded feature of the screw head extends across the motion gap and into the plate to limit deflection of the screw hole member out of the plane of the plate, while allowing for a controlled amount of translation of the screw hole member in the direction of the plate longitudinal axis, in accordance with various embodiments;

[0018] **Figure 4C** illustrates a partial longitudinal perspective view of the bone plate assembly illustrated in **Figure 4A**, in accordance with various embodiments;

[0019] **Figure 4D** illustrates a partial transverse perspective view of the bone plate assembly illustrated in **Figure 4A**, in accordance with various embodiments;

[0020] **Figure 5A** illustrates a top view of an example of a bone plate in which the motion gaps adjacent to the screw hole diverge from the top surface to the lower surface of the plate, in accordance with various embodiments;

[0021] **Figure 5B** illustrates a bottom view of the bone plate shown in **Figure 5A**, in accordance with various embodiments;

[0022] **Figure 5C** illustrates a perspective view of the bone plate shown in **Figure 5A**, in accordance with various embodiments;

[0023] **Figure 5D** illustrates a transverse cross-sectional view of the bone plate shown in **Figure 5A**, in accordance with various embodiments;

[0024] **Figure 6A** illustrates a top view of another example of a bone plate for elastic fixation of a bone fracture, in accordance with various embodiments;

[0025] **Figure 6B** illustrates a top view of another bone plate for elastic fixation of a bone fracture for use in combination with cylindrical bone segments, in accordance with various embodiments;

[0026] **Figure 7A** illustrates a top view and a cross-sectional side view of an example of a bone plate for elastic fixation of a bone, shown in functional but unloaded association with a bone screw affixed to a cylindrical bone, in accordance with various embodiments;

[0027] **Figure 7B** illustrates a top view and a cross-sectional side view of an example of a bone plate for elastic fixation of a bone, shown in functional loaded association with a bone screw affixed to a cylindrical bone, in accordance with various embodiments;

[0028] **Figure 8A** illustrates a top view of an embodiment of a C-shaped flexible element, in accordance with various embodiments;

[0029] **Figure 8B** illustrates a top view of another embodiment of a C-shaped flexible element wherein elastic beam elements are narrow to reduce stiffness, in accordance with various embodiments;

[0030] **Figure 8C** illustrates a top view of another embodiment of a C-shaped flexible element wherein the elastic beam elements are elongated to reduce stiffness, in accordance with various embodiments;

[0031] **Figure 8D** illustrates a top view of an E-shaped flexible element wherein elastic beam elements are narrow to reduce stiffness, in accordance with various embodiments;

[0032] **Figure 8E** illustrates a top view of a flexible element that includes one E-shaped slot in combination with multiple linear slots, in accordance with various embodiments;

[0033] **Figure 9A** illustrates a top view of a flexible element that includes a curvilinear E-shaped slot in combination with multiple linear slots, in accordance with various embodiments;

[0034] **Figure 9B** illustrates a perspective view of a bone plate for elastic fixation of a bone fracture, incorporating the flexible elements shown in **Figure 9A**, in accordance with various embodiments;

[0035] **Figure 10A** illustrates a top view of a flexible element that includes a single spiral-shaped slot, in accordance with various embodiments;

[0036] **Figure 10B** illustrates a top view of a flexible element that includes a single spiral-shaped slot with curvilinear and round elements on the outside and inside spiral ends, respectively, in accordance with various embodiments;

[0037] **Figure 10C** illustrates a top view of a flexible element that includes a single spiral-shaped slot having a thin beam, in accordance with various embodiments;

[0038] **Figure 10D** illustrates a top view of a flexible element that includes a pair of interlaced spiral-shaped slots, wherein the flexible element is offset from the midline of the bone plate, in accordance with various embodiments;

[0039] **Figure 10E** illustrates a top view of a flexible element that includes a pair of interlaced spiral-shaped slots, wherein the flexible element is positioned at the midline of the bone plate, in accordance with various embodiments;

[0040] **Figure 10F** illustrates a top view of a flexible element that includes three interlaced spiral-shaped slots, in accordance with various embodiments;

[0041] **Figure 11A** illustrates a side view of a bone plate wherein the flexible element is a separate, removable element that is configured to be

inserted into an enlarged receiving hole, in accordance with various embodiments;

[0042] **Figure 11B** illustrates a top view of the flexible element of **Figure 11A**, in accordance with various embodiments;

[0043] **Figure 11C** illustrates a perspective view of the flexible element of **Figure 11A** wherein the flexible element is a separate, removable element that is configured to be inserted into an enlarged receiving hole, in accordance with various embodiments;

[0044] **Figure 12** illustrates a cross-sectional perspective view of a flexible element, showing the ratio of beam width to plate height, in accordance with various embodiments;

[0045] **Figure 13A** illustrates several views of a flexible element coupled with a rivet configured to protect the flexible element from excessive deformation perpendicular to the plane of the plate, in accordance with various embodiments;

[0046] **Figure 13B** illustrates several views of a flexible element coupled with a half-rivet configured to protect the flexible element from excessive deformation perpendicular to the plane of the plate, in accordance with various embodiments;

[0047] **Figure 13C** illustrates a perspective view of a half rivet configured to protect the flexible element from excessive deformation perpendicular to the plane of the plate, wherein the half-rivet is coupled with a customized bone screw, in accordance with various embodiments;

[0048] **Figure 14A** illustrates a cross-sectional view of a rivet elastically suspended inside a receiving hole in a bone plate using a discrete spring element, in accordance with various embodiments;

[0049] **Figure 14B** illustrates a perspective view of a rivet elastically suspended inside a receiving hole in a bone plate using a discrete spring element, in accordance with various embodiments;

[0050] **Figure 15A** illustrates a transverse cross-sectional view of a threaded insert that is suspended with spring elements in a central position

within a receiving hole, whereby the spring elements are rigidly coupled to or part of a threaded insert, in accordance with various embodiments;

[0051] **Figure 15B** illustrates a top view of the device shown in **Figure 15A**, in accordance with various embodiments;

[0052] **Figure 15C** illustrates a partial cutaway view of the device shown in **Figure 15A**, showing placement of an insert, in accordance with various embodiments;

[0053] **Figure 15D** illustrates a planar cross-sectional view of the device shown in **Figure 15A**, in accordance with various embodiments;

[0054] **Figure 16A** illustrates a top view of a threaded insert that is generated from the bone plate by introducing a slot that circumscribes the receiving hole, in accordance with various embodiments;

[0055] **Figure 16B** illustrates a schematic view of the device shown in **Figure 16A**, in accordance with various embodiments;

[0056] **Figure 16C** illustrates a longitudinal cross-sectional view of the device shown in **Figure 16A**, in accordance with various embodiments;

[0057] **Figure 16D** illustrates a transverse cross-sectional view of the device shown in **Figure 16A**, in accordance with various embodiments;

[0058] **Figure 17A** illustrates a transverse cross-sectional view of a threaded insert formed by the introduction of a slot that circumscribes the receiving hole in an antiparallel manner and suspended (centered) inside a bone plate using flexible elements, in accordance with various embodiments;

[0059] **Figure 17B** illustrates a top view of the device illustrated in **Figure 17A**, in accordance with various embodiments;

[0060] **Figure 17C** illustrates a longitudinal cross-sectional view of the device illustrated in **Figure 17A**, in accordance with various embodiments;

[0061] **Figure 18A** illustrates a cross-sectional side view of a bone plate for elastic fixation of a bone fracture, shown in functional but unloaded association with locking bone screws for spanning a bone fracture in a cylindrical bone, in accordance with various embodiments;

[0062] **Figure 18B** illustrates a cross-sectional side view of a bone plate for elastic fixation of a bone fracture, shown in functional association

with locking bone screws for spanning a bone fracture in a cylindrical bone, wherein axial compression of the cylindrical bone segments induces parallel motion at the fracture, in accordance with various embodiments;

[0063] **Figure 19A** illustrates a cross-sectional side view of a bone plate for elastic compression of a bone fracture, shown in functional association with non-locking bone screws for spanning a bone fracture in a cylindrical bone, wherein bone screws are inserted in an eccentric manner, in accordance with various embodiments;

[0064] **Figure 19B** illustrates a cross-sectional side view of a bone plate for elastic compression of a bone fracture, wherein tightening of eccentrically inserted bone screws induces elastic compression across a bone fracture by deformation of elastic beam elements that connect the plate holes to the plate member, in accordance with various embodiments; and

[0065] **Figure 20** is a graph comparing axial stiffness of a standard plate with that of a plate with spring elements ("S-Plate") in accordance with embodiments herein.

Detailed Description of Disclosed Embodiments

[0066] In the following detailed description, reference is made to the accompanying drawings which form a part hereof, and in which are shown by way of illustration embodiments that may be practiced. It is to be understood that other embodiments may be utilized and structural or logical changes may be made without departing from the scope. Therefore, the following detailed description is not to be taken in a limiting sense, and the scope of embodiments is defined by the appended claims and their equivalents.

[0067] Various operations may be described as multiple discrete operations in turn, in a manner that may be helpful in understanding embodiments; however, the order of description should not be construed to imply that these operations are order dependent.

[0068] The description may use perspective-based descriptions such as up/down, back/front, and top/bottom. Such descriptions are merely used

to facilitate the discussion and are not intended to restrict the application of disclosed embodiments.

[0069] The terms “coupled” and “connected,” along with their derivatives, may be used. It should be understood that these terms are not intended as synonyms for each other. Rather, in particular embodiments, “connected” may be used to indicate that two or more elements are in direct physical contact with each other. “Coupled” may mean that two or more elements are in direct physical or electrical contact. However, “coupled” may also mean that two or more elements are not in direct contact with each other, but yet still cooperate or interact with each other.

[0070] For the purposes of the description, a phrase in the form “A/B” or in the form “A and/or B” means (A), (B), or (A and B). For the purposes of the description, a phrase in the form “at least one of A, B, and C” means (A), (B), (C), (A and B), (A and C), (B and C), or (A, B and C). For the purposes of the description, a phrase in the form “(A)B” means (B) or (AB) that is, A is an optional element.

[0071] The description may use the terms “embodiment” or “embodiments,” which may each refer to one or more of the same or different embodiments. Furthermore, the terms “comprising,” “including,” “having,” and the like, as used with respect to embodiments, are synonymous.

[0072] In various embodiments, methods, apparatuses, and systems for fixation of a fractured bone are provided. In various embodiments, the systems and plates may provide elastic suspension of receiving holes relative to an osteosynthesis plate. In various embodiments, this elastic suspension may promote load distribution between screws that connect a bone segment to the plate, thereby reducing stress risers and the load shielding effect. In addition, in various embodiments, stress at the screw holes, and within the construct as a whole, may be reduced by incorporation of these elastic elements in the plate. Additionally, in some embodiments, for instance if fracture healing by callus formation is desired, elastic suspension of the receiving holes relative to the osteosynthesis plate may

enable small, controlled amounts of relative motion between bone fragments connected by the plate, which may promote fracture healing by callus formation. In some embodiments, relative motion between bone fragments enabled by the elastic elements may be substantially parallel to an upper or lower surface of the bone plate, or substantially parallel to a bone surface.

[0073] Unlike other devices, bone plates in accordance with certain embodiments disclosed herein may be configured to be suspended above the surface of the bone, so that a gap is present between the lower surface of the plate and the upper surface of the bone. In various embodiments, this may be accomplished by using locking screws that are designed to engage with a threaded hole in the bone plate. In various embodiments, the coupling of a locking screw with a corresponding portion of a bone plate may ensure that the locking screw is only inserted to a certain extent, for instance the point where the screw locks into the hole of the bone plate. In another embodiment, the receiving hole elements may extend through the lower surface of the bone plate, for instance so that the plate remains suspended over the bone surface even if a bone fastener is used to compress the receiving hole element to the one bone.

[0074] In other embodiments, for instance if direct fracture healing is desired, elastic suspension of the receiving holes relative to the osteosynthesis plate may promote elastic compression across a fracture site, whereby the plate may be affixed to the bone with non-locking screws inserted in an eccentric manner in order to induce compression across the fracture. Thus, in various embodiments, it may be beneficial and desirable to stabilize a bone fracture with a plate as disclosed herein to enhance load distribution between screws, to promote fracture site motion when fracture healing by callus formation is desired, and/or to induce prolonged compression across a fracture when direct fracture healing is desired.

[0075] **Figure 1A** illustrates a top view, a longitudinal cross-sectional view, and a transverse cross-sectional view of a specific, non-limiting example of a bone plate having a rivet paired with symmetrically arranged elastic segments and a non-circular, quasi-rectangular through hole; **Figure**

1B illustrates bottom, perspective and side views of an example of a rivet for use with the bone plate illustrated in **Figure 1A**, wherein the rivet has a generally circular head and a threaded, non-circular expansion portion; **Figures 2A** and **2B** illustrate a perspective assembly view and a cross-sectional assembly view of a bone plate having a rivet, a locking screw, and a plate section with symmetrically arranged elastic segments, all in accordance with various embodiments. In the example illustrated in **Figures 1A, 1B, 2A, and 2B**, the bone plate **101** may include a rivet **160** with generally symmetrically-arranged elastic segments **108** and a non-circular, quasi-rectangular through hole **136**. As illustrated, elastic segments (also referred to herein as elastic elements, elastic beam elements, and spring elements) **108** formed by slots or channels **106** may be generally symmetrically-arranged in proximity of the screw hole **105**, for example to enable translation of the screw hole member **105a** in a principally axial direction. In various embodiments, screw hole member **105a** may include quasi-rectangular through hole **136**. In various embodiments, a lower rivet member **160** with a rivet head **148** and a rectangular expansion element **168** may be inserted from the lower plate surface **103** into rectangular through hole **136** of screw hole member **105a**. In some embodiments, rivet **160** may be secured in screw hole member **105a** by press-fit, whereas in other embodiments, rivet **160** may be secured in screw hole member **105a** using a retaining feature that may be adapted to engage with a corresponding receiving feature in quasi-rectangular through hole **136**. In various embodiments, rivet head **148** may be sufficiently large to extend laterally across the motion gap **107** of elastic segments **108**. In various embodiments, rivet **160** may be configured to protect elastic segments **108** from excessive deformation perpendicular to the plane of plate **101**.

[0076] In various embodiments, the circular through-hole **105** of rivet **160** may be threaded, and the threads may extend into quasi-rectangular through hole **136** of screw hole member **105a**. In various embodiments, a screw **110** with matching threads may be inserted from the upper plate surface **102** through the rivet **160**, and the screw locking feature **109** may be

sufficiently large to extend laterally across motion gap **107** of elastic segments **108**. Thus, in various embodiments, the screw locking feature **109** may therefore limit deflection of screw hole member **105a** toward lower plate surface **103**. Additionally or alternatively, in some embodiments, the rivet head **148** may limit deflection of screw hole member **105a** toward upper plate surface **102**. Thus, the illustrated example may enable controlled translation of screw hole member **105a** relative to the longitudinal axis of the plate, yet may limit translation relative to the plane of bone plate **101** when screw hole member **105a** is guided between the screw locking feature **109** and rivet head **148**.

[0077] Another example of a bone plate **201** that includes a rivet **260** is shown in **Figures 2C, 2D, and 2E**, which illustrate a top view (**Figure 2C**), a cross-sectional view **Figure 2D**), and an exploded perspective view (**Figure 2E**) of a bone plate having a rectangular rivet **260**, a screw **210**, and a plate **201** with generally symmetrically arranged elastic segments **208** flanking the screw receiving hole on either side, all in accordance with various embodiments. In this embodiment, rivet **260** may have a rectangular or square shape, and may be recessed into the top and or bottom surfaces of bone plate **201**. In some embodiments, rivet **260** may include a separate center shaft portion **268**, and one or two shoulder portions **248** coupled thereto. In various embodiments, the upper and/or lower shoulder portions **248** of rivet **260** may limit translation of receiving hole **205** in a direction that is substantially perpendicular to the upper or lower plane of bone plate **201**. In other words, rivet **260** may constrain out-of-plane motion, while still allowing axial (e.g., in-plane) translation of receiving hole **205** relative to bone plate **201** (or vice versa). In some embodiments, screw **210** may be a locking screw, for instance, a screw having a threaded head portion, or it may be a non-locking screw. In some embodiments, a non-locking screw may compress shoulder portions **248** and center shaft portion **268** of rivet **260** onto the bone, while plate **201** may retain an axially flexible connection with the bone via elastic segments **208**.

[0078] **Figures 3A, 3B, and 3C** illustrate a side view, a top view, and a transverse cross-sectional view, respectively, of an example of a screw with a thread that has a consistent core diameter, but an increased outer diameter in vicinity of the screw head, and **Figures 4A, 4B, 4C, and 4D** illustrate a perspective assembly view, a transverse cross-sectional view, a partial longitudinal perspective view, and a partial transverse perspective view, respectively, of an embodiment of a bone plate assembly **301**, showing that the threaded feature of the screw head extends across the motion gap and into the plate to limit deflection of the screw hole member out of the plane of the plate, while allowing for a controlled amount of translation of the screw hole member in the direction of the plate longitudinal axis, all in accordance with various embodiments.

[0079] As discussed above and as illustrated in **Figures 3 and 4**, a bone plate in accordance with the present disclosure may include elastic segments **308** that may be symmetrically arranged in proximity with the screw hole **305**, for instance to enable translation of the screw hole member **305a** in a principally axial direction. In some embodiments, screw hole member **305a** may be guided to remain within the plane of the plate by a thread **321** that may extend from screw hole **305**, across the motion gap **307**, and into the plate member **301**. In some embodiments, thread **321** may be characterized by an outer diameter that is considerably larger than the core diameter. For example, a suitable core diameter is in the range of 2 to 5 and a suitable outer diameter is in the range of 4 to 10.

[0080] In various embodiments, the locking screw **310** may include a correspondingly threaded head segment **318** with an outer diameter that is considerably larger than the core diameter. However, in various embodiments, the outer diameter of the thread **319** of the screw head segment **318** may be smaller than the outer diameter of thread **321** in screw hole member **305a**. In various embodiments, the outer diameter of thread **319** in screw head segment **318** may remain large enough to extend across the motion gap **307** and into the plate member **301**, once inserted into the screw hole **305**. In some embodiments, screw head **328** may include a

locking feature **309** at may enable rigid fixation of screw head **328** inside screw hole member **305a**. In particular embodiments, once screw **310** is fixed to screw hole member **305a**, screw hole member **305a** may translate in a principally axial direction relative to the plate longitudinal axis, for instance, due to the difference in outer diameters between screw head **328**, thread **319**, and plate thread **321**. However, in some embodiments, extension of screw head thread **319** across motion gap **307** and into plate member **301** may limit deflection of screw hole member **305a** outside the plane of plate **301**.

[0081] **Figures 5A, 5B, 5C, and 5D** illustrate a top view, a bottom view, a perspective view, and a transverse cross-sectional view, respectively, of an example of a bone plate **501** in which the motion gaps **507** adjacent to the screw hole **505** diverge from the top surface **502** to the lower surface **503** of plate **501**, in accordance with various embodiments. In the illustrated example, elastic segments **508** may be symmetrically arranged in proximity with screw hole **505**, for instance, to enable translation of the screw hole member **505a** in a principally axial direction. In various embodiments, motion gaps **507** connecting symmetrically arranged elastic segments **508** may diverge from (angle away from) the upper plate surface **502** toward the lower plate surface **503**. In various embodiments, these divergent motion gaps **507** may limit deflection of screw hole member **505a** through upper surface **502** of the plate member **501**. In some embodiments, the head diameter of the corresponding locking screw **510** may be sufficiently large to extend over motion gap **507** on upper surface **502** of plate member **501**. For example, the head may extend over motion gap, when at rest, by about 0.1 mm- 3 mm, for example, about 1mm. In various embodiments, the locking feature **509** may thereby limit deflection of screw hole member **505a** through bottom surface **503** of plate member **501**.

[0082] **Figure 6A** illustrates a top view of another example of a bone plate for elastic fixation of a bone fracture, and **Figure 6B** illustrates a top view of a further bone plate for elastic fixation of a bone fracture for use in combination with cylindrical bone segments, in accordance with various

embodiments. In these embodiments, the bone plate **601** may have an upper surface **602** and a bone contacting surface **603**, and it may define a longitudinal axis **604**. In some embodiments, at least one receiving hole **605** for a fixation element may extend through the upper surface **602** and the bone contacting surface **603**. In some embodiments, receiving hole **605** may be threaded for rigid engagement of a locking screw with a threaded head portion, or it may have a concave recess to accommodate a conventional compression screw. In some embodiments, receiving holes **605** may be disposed along the longitudinal axis **604** as shown in **Figure 6A**. In other embodiments, receiving holes **605** may be spaced from the longitudinal axis **604**, as shown in **Figure 6B**.

[0083] Also included in some embodiments, in the vicinity of receiving hole **605** are one or more slots **606** extending from the upper surface **602** to the bone contacting surface **603**. In various embodiments, at least one substantially C-shaped, E-shaped, or semi-circular slot **606** may extend around a substantial portion of receiving hole **605**. In some embodiments, a corresponding slot **606a** may extend from the opposite side of the periphery around receiving hole **605**. In some embodiments, the end segments of slot **606** may overlap, but not intersect the end segments of corresponding slot **606a**. Thus, in various embodiments, the overlapping slots **606** and **606a** may enclose elastic beam elements (e.g., spring elements) **608** that may enable elastic translation of receiving hole **605** relative to bone plate **601** in a direction principally parallel to the longitudinal axis **604** of bone plate **601**.

[0084] In the embodiment illustrated in **Figure 6B**, elastic beam elements **608** may be formed by combining at least one substantially C-shaped, E-shaped or semi-circular slot **606** with one or more substantially linear slots **606a** extending from the periphery of bone plate **601** in an essentially perpendicular manner to overlap but not intersect with the ends of slots **606**.

[0085] **Figures 7A** and **7B** illustrate top and cross-sectional side views of an example of a bone plate **701** for elastic fixation of a bone, shown in functional but unloaded (**Figure 7A**) association with a bone screw **710**

affixed to a cylindrical bone **726**, and shown in functional loaded (**Figure 7B**) association with a bone screw **710** affixed to a cylindrical bone, in accordance with various embodiments. In the illustrated embodiment, a locking bone screw **710** is illustrated that may have a threaded head segment **718** for rigid engagement with receiving hole **705**. In various embodiments, the screw **710** may be furthermore engaged in first cortex **713** and/or second cortex **714** of a substantially cylindrical bone **726**. **Figure 7A** illustrates an example of an unloaded construct, and **Figure 7B** illustrates an example of how a load acting through bone **726** and onto locking screw **710** may induce translation of receiving hole **705** relative to the bone plate **701** by elastic deformation of elastic beam elements **708** between receiving hole **705** and bone plate **701**.

[0086] In various embodiments, the dimensions and/or the configuration of the spring elements (e.g., elastic beam elements) and/or slots may be varied in order to achieve a desired stiffness and range of elastic displacement of the bone plate relative to the receiving holes. **Figure 8A** depicts an embodiment with thicker beam elements **808** as compared to beam elements **808** shown in **Figure 8B**, the latter allowing for more flexible displacement of receiving hole **805** relative to bone plate member **801**. Another example of a way to decrease the stiffness of the elastic elements is depicted in **Figure 8C**, wherein the length of slot **806** is increased in order to increase the effective length of beam elements **808**. Yet another example of a way to decrease the stiffness of the elastic element is depicted in **Figure 8D**, wherein slots **806** are configured in a substantially E-shaped formation, which may yield an increased effective length of elastic beam elements **808**. Another alternative embodiment of an elastic element is depicted in **Figure 8E**, wherein receiving hole **805** is located in vicinity of plate edge **823**. In this example, two slots **806** may overlap but not intersect each end of a C-shaped slot **806** to form elastic beam elements **808**.

[0087] **Figure 9A** illustrates a top view of a flexible element that includes a curvilinear E-shaped slot in combination with multiple linear slots **906**, and **Figure 9B** illustrates a perspective view of a bone plate **901** for

elastic fixation of a bone fracture that incorporates the flexible elements **908** shown in **Figure 9A**, in accordance with various embodiments. As illustrated in **Figure 9A**, some embodiments of bone plates **901** may include one curvilinear E-shaped slot **906b** in combination with multiple linear slots **906a**, which together form elastic beam elements **908**. In some embodiments, the curvilinear slots **906a** may reduce peak stress and provide a more even strain distribution when loaded along the longitudinal axis of a bone plate **901**. This embodiment is similar to that shown in **Figure 8D**, in that the elastic beam elements **908** may be folded back on themselves. In some embodiments, each of the two folded elastic beams **908** associated with a receiving hole **905** may be oriented in opposite directions, wherein the folded end of one elastic beam element **908** may be oriented toward the edge of the bone plate **901**, and the folded end of the other elastic beam element may be oriented toward the bone plate **901** midline. In various embodiments, the curvilinear fold of the elastic beam element **908** may fit closely within the E-shaped slot **906b**, which arrangement may contribute to a stable association of receiving hole **905** with plate **901**, while still allowing for controlled axial translation of receiving hole **905** relative to plate **901**.

Figure 9B illustrates a perspective view of a bone plate having the curvilinear E-shaped slots **906b** shown in **Figure 9A**. In this embodiment, the receiving holes **905** may be offset from the longitudinal axis, which may contribute to the stability and stiffness of bone plate **901**.

[0088] Some embodiments of the flexible fixation bone plates may include curvilinear and/or spiral-shaped slots. **Figure 10A** illustrates a top view of a flexible element that includes of a single spiral-shaped slot **1006**, **Figure 10B** illustrates a top view of a flexible element that includes a single spiral-shaped slot **1006** with curvilinear **1016** and round elements **1018** on the outside and inside spiral ends, respectively, **Figure 10C** illustrates a top view of a flexible element that includes a single spiral-shaped slot **1006** having a thin elastic beam element **1008**, **Figure 10D** illustrates a top view of a flexible element that includes a pair of interlaced spiral-shaped slots **1006**, wherein the flexible element is offset from the midline of the bone plate **1001**,

Figure 10E illustrates a top view of a flexible element that includes a pair of interlaced spiral-shaped slots **1006**, wherein the flexible element is positioned at the midline of the bone plate **1001**, and **Figure 10F** illustrates a top view of a flexible element that includes three interlaced spiral-shaped slots **1006**, all in accordance with various embodiments.

[0089] **Figure 10A** depicts another embodiment of an elastic element. In this embodiment, a single spiral-shaped slot **1006** may be positioned around receiving hole **1005**. In various embodiments, the spiral slot **1006** may circumscribe receiving hole **1005** once or multiple times, creating elastic beam element **1008** where it overlaps. In various embodiments, in order to reduce stress concentrations at the spiral ends, circular **1018** or curvilinear **1016** elements may be added to the ends of slot **1006** as shown in **Figure 10B**, or the beam elements **1008** may be tapered. As with the embodiments shown in **Figure 8A** and **8B**, in various embodiments, beam elements **1008** may be configured to be thinner, as shown in **Figure 10C**, allowing for more flexible displacement of receiving hole **1005** relative to bone plate member **1001**. In various embodiments, increasing the length of spiral beam element **1008** also may allow for increased flexibility.

[0090] As shown in **Figures 10D** and **10E**, receiving holes **1005** may be located along the midline of plate **1001**, or at a distance from the longitudinal axis of plate **1001**. For example, in various embodiments, if receiving holes **1005** are arranged in an alternating staggered pattern relative to the longitudinal midline of plate **1001**, they may provide multi-planar fixation to improve the strength of the fixation between plate **1001** and the underlying bone. Both **Figures 10D** and **10E** illustrate spiral slots **1006** that include two interlaced spirals. One of skill in the art will appreciate that additional spiral slots **1006** may be used, such as the three-slot **1006** arrangement depicted in **Figure 10F**.

[0091] **Figures 11A**, **11B**, and **11C** illustrate three views of another embodiment of a flexible element. In this embodiment of bone plate **1101**, slot **1106** and elastic beam element **1108** may be located on a separate, removable plug element **1120** that may be adapted to be inserted into an

enlarged receiving hole **1136**. In an alternate embodiment, removable plug element **1120** may be an integral component of an enlarged head of a bone screw that engages the correspondingly enlarged receiving hole **1136**.

[0092] **Figure 12** depicts a cross-sectional perspective view of another embodiment, showing the dimensions of beam element **1208** and slot **1206**. Generally, beam elements **1208** may be considerably higher (thicker) than they are wide. For instance, in some embodiments, the ratio of the beam height **1264** to the beam width **1266** may vary from about 2 (2 to 1) to about 12 (12 to 1), for instance from about 6 (6 to 1) to about 9 (9 to 1). In various embodiments, receiving holes **1205** associated with flexible elements as described herein may or may not have features for positive locking of a bone screw or fastener. For instance, in embodiments lacking positive locking mechanisms, the flexible spring element may act to relieve stress at the plate-bone interface. In embodiments having positive locking mechanisms, the flexible element may provide flexible plate fixation to allow small relative motion between the plate and the bone, which in turn may induce interfragmentary motion and promote bone healing.

[0093] In further embodiments, **Figure 13A** illustrates several views of a flexible element **1308** used in conjunction with a rivet **1340** configured to protect the flexible element **1308** from excessive deformation perpendicular to the plane of the plate **1301**, **Figure 13B** illustrates several views of a flexible element **1308** used in conjunction with a half-rivet **1360** configured to protect the flexible element **1308** from excessive deformation perpendicular to the plane of the plate **1301**, and **Figure 13C** illustrates a perspective view of a half rivet **1360** configured to protect the flexible element **1308** from excessive deformation perpendicular to the plane of the plate **1301**, wherein the half-rivet **1360** is used together with a customized bone screw **1310**, all in accordance with various embodiments.

[0094] As illustrated in **Figure 13A**, the elastic element **1308** may include a spiral-shaped slot **1306** positioned around receiving hole **1305**, and the spiral slot **1306** may circumscribe receiving hole **1305** once or multiple times, creating elastic beam element **1308** where it overlaps. In this

embodiment, a rivet **1338** may be provided in receiving hole **1305**, and may be configured to protect elastic beam element **1308** from excessive deformation perpendicular to the plane of plate **1301**. In various embodiments, rivet **1338** may have a shoulder **1348** on each side of a central cylinder **1340** to restrict flexion of elastic beam element **1308** that may occur within the plane of plate **1301**. In embodiments, the inner diameter of the central cylinder **1340** of rivet **1338** may be threaded for rigid locking with the threaded head of a bone screw **1310**. Depending on plate **1301** thickness, the rivet shoulders **1348** may rest on the surface of the plate **1301**, or may be recessed into the plate **1301**. In various embodiments wherein shoulder **1348** is recessed, the longitudinal dimension of the recess may be larger than the corresponding dimension of rivet shoulder **1348** to allow rivet translation along the plate **1301** longitudinal axis, while constraining rivet **1338** translation in a transverse direction.

[0095] In various embodiments, for assembly, rivet **1338** may include two parts that may be inserted from opposite sides into receiving hole **1305**, and the two parts may be rigidly coupled to each other, for instance by laser welding or by a thread feature between central cylinder **1340** and shoulder **1348**. Alternatively, as illustrated in **Figure 13B**, rivet **1338** may have only one shoulder **1348** to form a “half-rivet” **1360**, which may limit deformation of elastic beam element **1308** in only one direction. In various embodiments, half-rivet **1360** may include an externally threaded central cylinder **1340** for rigid engagement to elastic beam element **1308**. Alternatively, in some embodiments, half-rivet **1360** may be attached to elastic beam element **1308** using a press fit between central cylinder **1340** and elastic beam element **1308**. In embodiments, half-rivet **1360** may be used in combination with a customized bone screw **1310** as shown in **Figure 13C**, which may include a head that incorporates a corresponding shoulder element **1362**. Thus, in various embodiments, upon screw insertion, elastic beam element **1308** may be confined between shoulder **1348** of half-rivet **1360** and the corresponding shoulder **1362** of the screw head, with the remainder of the screw head resting inside central cylinder **1340** of half-rivet **1360**.

[0096] In various other embodiments shown in **Figures 14A** and **14B**, rivet **1438** may be elastically suspended inside receiving hole **1436** using a discrete spring element **1458**. In some embodiments, spring element **1458** may include a corrugated metal strip **1444**, that may circumscribe central cylinder **1440** of rivet **1438**, and that may center rivet **1438** inside receiving hole **1436**, while allowing for elastic translation of rivet **1438** within the plane of plate **1401**. In some embodiments, spring element **1458** may further retain rivet **1438** inside the plane of plate **1401**. The inner diameter of central cylinder **1440** of rivet **1438** may be threaded in some embodiments for rigid locking with the threaded head of a bone screw.

[0097] **Figures 15 A, 15B, 15C, and 15D** illustrate a cross-sectional view, a top view, a partial cutaway view showing placement of an insert **1546**, and a planar cross-sectional view, respectively, of another embodiment, in which a threaded insert **1546**, once inserted into insert receiving hole **1536**, may translate along the longitudinal plate axis within the plane of plate **1501**. In various embodiments, threaded insert **1546** may be suspended with spring elements (e.g., flexible elements) **1548** in a central position within insert receiving hole **1536**, whereby spring elements (e.g., flexible elements) **1548** may be rigidly coupled to or part of threaded insert **1546**. In some embodiments, opposite sides of threaded insert **1546** may have a convex cylindrical surface **1550** adapted to securely retain threaded insert **1546** within the plane of plate **1501**. In various embodiments, for installation, threaded insert **1546** may be first rotated perpendicular to the plate surface, then inserted into insert receiving hole **1536**, and finally rotated by 90 degrees so that its upper surface is parallel to the upper surface of plate **1501**. In some embodiments, spring elements (e.g., flexible elements) **1548** may engage with (e.g., snap into) a corresponding recess **1542** in plate **1501** to ensure that upon insertion, threaded insert **1546** remains rotationally secured within the plane of plate **1501**.

[0098] In further embodiments, **Figure 16A** illustrates a top view of a threaded insert **1646** that is generated from the bone plate **1601** by introducing a slot **1606** that circumscribes the receiving hole **1605**, **Figure**

16B illustrates a schematic view of the device shown in **Figure 16A**, **Figure 16C** illustrates a longitudinal cross-sectional view of the device shown in **Figure 16A**, and **Figure 16D** illustrates a transverse cross-sectional view of the device shown in **Figure 16A**, all in accordance with various embodiments. As illustrated in various embodiments, a threaded insert **1646** may be generated from plate **1601** by introducing a slot **1606** that circumscribes receiving hole **1605**. In various embodiments, slot **1606** may be introduced in an anti-parallel manner, whereby two opposing sections **1652** of slot **1606** converge toward the lower side **1603** of plate **1601**, while two other opposing sections **1654** diverge toward the lower side **1603** of plate **1601**. Hence, in these embodiments, the anti-parallel slot **1606** may enable threaded insert **1646** to translate relative to plate **1601** within the confines of the slot width, and without being able to disassociate from plate **1601**.

[0099] In still other embodiments, **Figure 17A** illustrates a transverse cross-sectional view of a threaded insert **1746** formed by the introduction of a slot **1706** that circumscribes the receiving hole **1705** in an anti-parallel manner and suspended (centered) inside a bone plate **1701** using flexible elements **1758**, **Figure 17B** illustrates a top view of the device illustrated in **Figure 17A**, and **Figure 17C** illustrates a longitudinal cross-sectional view of the device illustrated in **Figure 17A**, all in accordance with various embodiments. As illustrated in **Figures 17A-C**, threaded insert **1746** may be formed by the introduction of a slot **1706** that circumscribes receiving hole **1705** in an antiparallel manner as described above, and threaded insert **1746** may be suspended (centered) inside plate **1701** using flexible elements **1758**. In an exemplary embodiment, these flexible elements **1758** may be cylindrical in shape and comprised of a polymer, and may provide a flexible connection between threaded insert **1746** and plate **1701**, while the anti-parallel slot ensures that threaded insert **1746** remains securely captured in plate **1701**.

[00100] In other embodiments, **Figure 18A** illustrates a cross-sectional side view of a bone plate for elastic fixation of a bone fracture, shown in

functional but unloaded association with locking bone screws for spanning a bone fracture in a cylindrical bone, and **Figure 18B** illustrates a cross-sectional side view of a bone plate for elastic fixation of a bone fracture, shown in functional association with locking bone screws for spanning a bone fracture in a cylindrical bone, wherein axial compression of the cylindrical bone segments induces parallel motion at the fracture, both in accordance with various embodiments.

[00101] Thus, in order to illustrate a method for elastic fixation of a bone fracture, **Figure 18A** depicts a cross-sectional view of an embodiment for elastic fixation of a bone fracture **1824** with a bone plate **1801** that may be attached to two bone segments **1826**. In this configuration, each bone segment **1826** may be connected by one or more locking bone screws **1810** to receiving holes **1805** that may be connected with elastic elements **1808** to bone plate **1801**. In embodiments, the screw heads **1828** of bone screws **1810** may be rigidly connected to receiving holes **1805**, for instance by matching thread features on screw heads **1828** with those on the receiving holes **1805**. In embodiments, this locking mechanism between screw heads **1828** and receiving holes **1805** may enable bone plate **1801** to remain elevated above bone surface **1830**, while providing elastic fixation between bone segments **1826**.

[00102] In order to illustrate a method for inducing principally parallel axial motion across a bone fracture, **Figure 18B** depicts a cross-sectional view of an embodiment for elastic fixation of a bone fracture subjected to axial loading, as may be the case in patients that start weight bearing of a fractured extremity that has been stabilized with bone plate **1801**. In various embodiments, the load acting on bone segments **1826** and onto locking screws **1810** may induce elastic translation of receiving holes **1805** relative to bone plate **1801**, which in turn may cause generally parallel motion between bone segments **1826** at bone fracture **1824**. In this configuration, axial loading of bone segments **1826** may cause elastic deformation of elastic beam elements **1808**, wherein slot segments **1832** located at the aspect of receiving hole **1805** facing fracture **1824** become narrower, while

slot segments **1834** located at the receiving hole aspect facing away from fracture **1824** become wider.

[00103] In various other embodiments, **Figure 19A** illustrates a cross-sectional side view of a bone plate for elastic compression of a bone fracture, shown in functional association with non-locking bone screws for spanning a bone fracture in a cylindrical bone, wherein bone screws are inserted in an eccentric manner, and **Figure 19B** illustrates a cross-sectional side view of a bone plate for elastic compression of a bone fracture, wherein tightening of eccentrically inserted bone screws induces elastic compression across a bone fracture by deformation of elastic beam elements that connect the plate holes to the plate member, both in accordance with various embodiments.

[00104] Thus, in order to illustrate a method for inducing elastic compression across a bone fracture, **Figures 19A** and **19B** depict cross-sectional views of an embodiment of a bone plate **1901** applied to bridge and to elastically compress a fracture **1924** in a substantially cylindrical bone. **Figure 19A** depicts bone screws **1910** being partially inserted through receiving holes **1905** into bone segments **1926**. In various embodiments, screws **1910** may be inserted eccentrically in receiving holes **1905**, at a small distance from the center-line **1922** of receiving hole **1905** in an opposite direction from fracture **1924**. **Figure 19B** depicts the embodiment in a cross-sectional view after complete insertion of screws **1910**. Since screws **1910** were inserted eccentrically relative to receiving hole **1905**, once screw heads **1928** are contacting bone plate **1901** during insertion, screws **1910** may be forced to translate toward the center of receiving holes **1905**. This in turn causes bone segment **1926** attached to screws **1910** to translate relative to bone plate **1901** toward fracture **1924**, thereby inducing compression across fracture **1924**. Once fracture **1924** is fully compressed, any further translation may be accommodated by deformation of elastic beam elements **1908** connecting receiving holes **1905** to bone plate **1901**. In embodiments, this elastic deformation may induce additional compressive forces at fracture **1924**.

[00105] As illustrated in **Figure 20**, the introduction of elastic elements in a bone plate as described elsewhere herein (referred to in **Figure 20** as an S-plate) may reduce axial stiffness of the plate as compared to a standard plate without the elastic elements. Notably, there is little to no impact on the bending stiffness of the plate due to the introduction of the elastic elements.

[00106] Thus, in some embodiments, having an opening with a major dimension in a transverse direction may effectively reduce the bending strength of bone plates, which may fail in bending. Thus in various embodiments, the flexible elements described herein may not have a major dimension extending in transverse direction. This orientation may cause the bone plate to retain a substantial amount of bending strength. As described elsewhere herein, it is desirable to maintain the bending strength of the construct while reducing the axial stiffness of plate, and additionally reducing stress at the screw hole(s) and in the construct as a whole. In various embodiments, stress at the screw hole(s) may cause undesirable or detrimental deformation of the hole(s).

[00107] In other embodiments, if the cantilever beam were located transversely 'in-line' with the screw hole, the transverse opening may extend over a substantial portion of the plate in order to derive flexibility, which in turn may reduce the bending strength of the plate. Thus, various embodiments disclosed herein employ a combination of two or more cantilever beams located above and below the screw hole (e.g., in the longitudinal plate direction), which may preserve bending strength of the plate.

[00108] In still other embodiments described herein, one or more pairs of cantilever beams may be employed, wherein the beams of each cantilever pair are located on opposite sides of the screw hole in longitudinal direction, rather than one cantilever beam element that extends in a principally transverse direction to either one or both sides of the screw hole (lug), depending if the screw hole is located offset from or located on the longitudinal plate midline, respectively.

[00109] Other embodiments disclosed herein use pairs of slots that extend through the plate edge, rather than a slot that defines the transverse opening and that surrounds the beam and lug element, wherein the slot remains within the plate surface and does not extend through the plate edge.

[00110] Still other embodiments include a set of slots per screw hole, wherein the set combines a central slot that partially surrounds the screw hole without extending through the plate edge with peripheral slots that penetrate through the longitudinal plate edge, rather than one continuous slot per screw hole, whereby the slot defines the transverse opening and surrounds the beam and lug element.

[00111] Various other embodiments disclosed herein employ a set of slots to form a principally S-shaped spring element having an upper and a lower cantilever element that is diagonally connected by a central segment that contains the screw hole, rather than a generally I-shaped cantilever beam, for instance. Still other embodiments described herein employ cantilever elements of a width that is substantially smaller than the plate thickness, rather than a cantilever element of a width that is larger than the plate thickness. This may ensure a desired bending direction of the cantilever beam within the plane of the plate rather than out of the plane of the plate.

[00112] It will be appreciated by those skilled in the art that changes could be made to the embodiments described above without departing from the broad inventive concept thereof. Specifically, the disclosed invention may be practiced for fixation of a bone plate to one side of a fracture only, whereby the corresponding side of a fractured bone may be applied to the one plate by alternative means for flexible or rigid fixation. It is understood, therefore, that this disclosure is not limited to the particular embodiments disclosed, but it is intended to cover modifications within the spirit and scope of the present disclosure as defined by the appended claims.

[00113] Although certain embodiments have been illustrated and described herein, it will be appreciated by those of ordinary skill in the art that a wide variety of alternate and/or equivalent embodiments or

implementations calculated to achieve the same purposes may be substituted for the embodiments shown and described without departing from the scope. Those with skill in the art will readily appreciate that embodiments may be implemented in a very wide variety of ways. This application is intended to cover any adaptations or variations of the embodiments discussed herein. Therefore, it is manifestly intended that embodiments be limited only by the claims and the equivalents thereof.

Claims

What is claimed is:

1. A device, comprising:
a bone fracture fixation plate having an outer surface and a bone-facing surface, the bone plate comprising one or more slots extending through the plate from the outer surface to the bone-facing surface, the one or more slots at least partially circumscribing a periphery of one or more receiving holes and not penetrating through a longitudinal edge of the bone plate, wherein the one or more slots form a spring element, the spring element at least partially surrounding the receiving hole and permitting axial translation of the bone plate relative to the one or more receiving holes within a plane that is substantially parallel to an upper or lower surface of the bone plate, but substantially preventing motion of the bone plate relative to the one or more receiving holes in a direction that is substantially perpendicular to the upper or lower surface of the bone plate.
2. The device of claim 1, wherein the one or more slots comprise:
one or more central slots at least partially circumscribing a periphery of the receiving hole, and
one or more pairs of peripheral slots arranged in a generally transverse direction, wherein each pair of peripheral slots spans substantially opposite sides of the receiving hole in a longitudinal direction;
wherein a combination of the one or more central slots and the one or more pairs of peripheral slots forms a spring element, the spring element comprising a plurality of cantilever beam elements that are substantially connected by the one or more central slots.
3. The device of claim 1, wherein the one or more slots have a width, wherein the width of the one or more slots is between 0.1 mm and 2 mm, and wherein an elastic displacement of the receiving hole relative to the plate is limited to a desired amount.

4. The device of claim 1, wherein the elastic displacement comprises substantially only longitudinal displacement.
5. The device of claim 1, wherein the one or more receiving holes comprise at least one thread for engaging a fixation element inserted therethrough.
6. The device of claim 1, wherein the receiving hole is elliptical or quasi-rectangular, and wherein a largest dimension of the receiving hole is substantially parallel to a longitudinal axis of the bone fracture fixation plate.
7. The device of claim 1 wherein at least a portion of a wall of the receiving hole is angled to engage an angled head of a fixation element inserted therethrough.
8. The device of claim 1, wherein the periphery of the one or more receiving holes comprises a removable plug or rivet.
9. The device of claim 8, wherein the bone fracture fixation plate comprises an enlarged receiving hole adapted to receive the removable plug or rivet.
10. The device of claim 8, wherein the rivet is adapted to protect the spring element from excessive deformation in a direction perpendicular to an upper or lower plane of the bone fracture fixation plate.
11. The device of claim 8, wherein the rivet comprises a threaded receiving hole.
12. The device of claim 8, wherein the rivet is adapted to translate along a longitudinal axis of the bone fracture fixation plate.

13. The device of claim 1, wherein the one or more slots comprise two or more angled, anti-parallel portions adapted to protect the spring element from excessive deformation in a direction perpendicular to an upper or lower plane of the bone fracture fixation plate.
14. The device of claim 1, wherein one or more of each pair of peripheral slots extends through a side edge of the bone plate
15. The device of claim 1, wherein the one or more slots comprise a plurality of substantially S-shaped, C-shaped, E-shaped, or semi-circular slots extending from opposite sides around the one or more receiving holes, wherein the ends of the slots overlap but do not intersect.
16. The device of claim 1, wherein the receiving holes are aligned in an essentially linear hole pattern along a longitudinal axis of the bone plate.
17. The device of claim 1, wherein the receiving holes are arranged in a staggered pattern.
18. The device of claim 1, wherein the one or more slots comprise one or more spiral segments, and wherein the one or more spiral segments circumscribe the receiving hole one or more times.
19. The device of claim 8, further comprising a retention element adapted to center the rivet in the receiving hole.
20. The device of claim 19, wherein the retention element comprises a metallic spring element, a non-metallic spring element, or a corrugated metal strip.

21. A method for flexible plate fixation of a bone fracture, the method comprising: approximately aligning the fractured bone members; and applying a bone plate across the fracture with a plurality of fixation elements that rigidly connect to receiving holes in the plate, wherein the bone plate comprises a plurality of flexible elements connecting the receiving holes to the plate, wherein the flexible elements are configured to permit axial translation relative to the receiving holes within a plane parallel to an upper or lower plane of the bone plate, and wherein the flexible elements are configured to substantially prevent translation of the bone plate relative to the receiving holes in a direction substantially perpendicular to the upper or lower plane of the bone plate.
22. The method of claim 21, wherein the method is a method of permitting principally longitudinal axial motion across a bone fracture.
23. A method of reducing stress concentrations at a screw-bone interface comprising:
aligning two or more fractured bone members; and
applying the bone plate of claim 1 across the fracture with a plurality of screws; thereby reducing stress concentrations at the screw-bone interface.

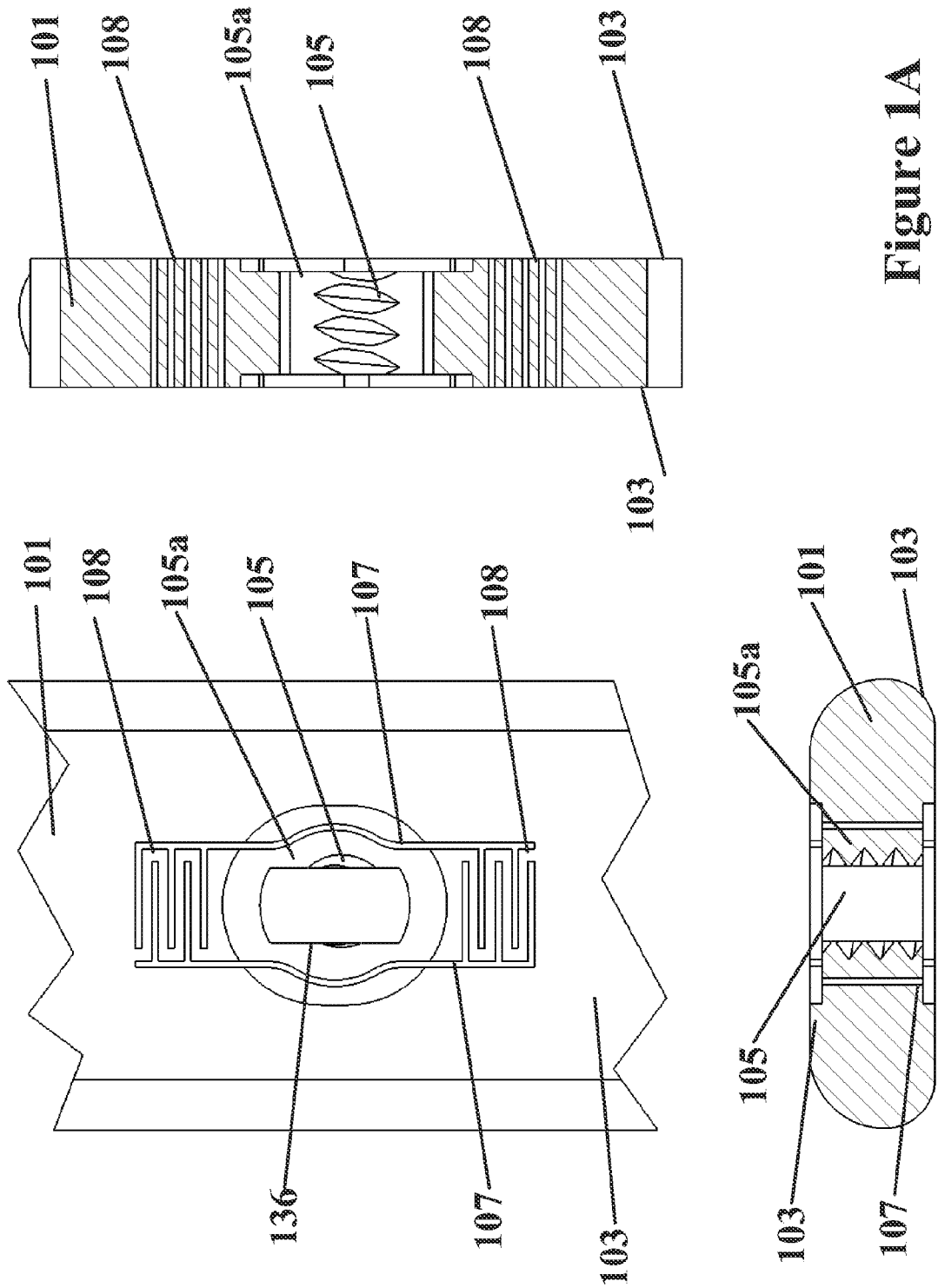


Figure 1A

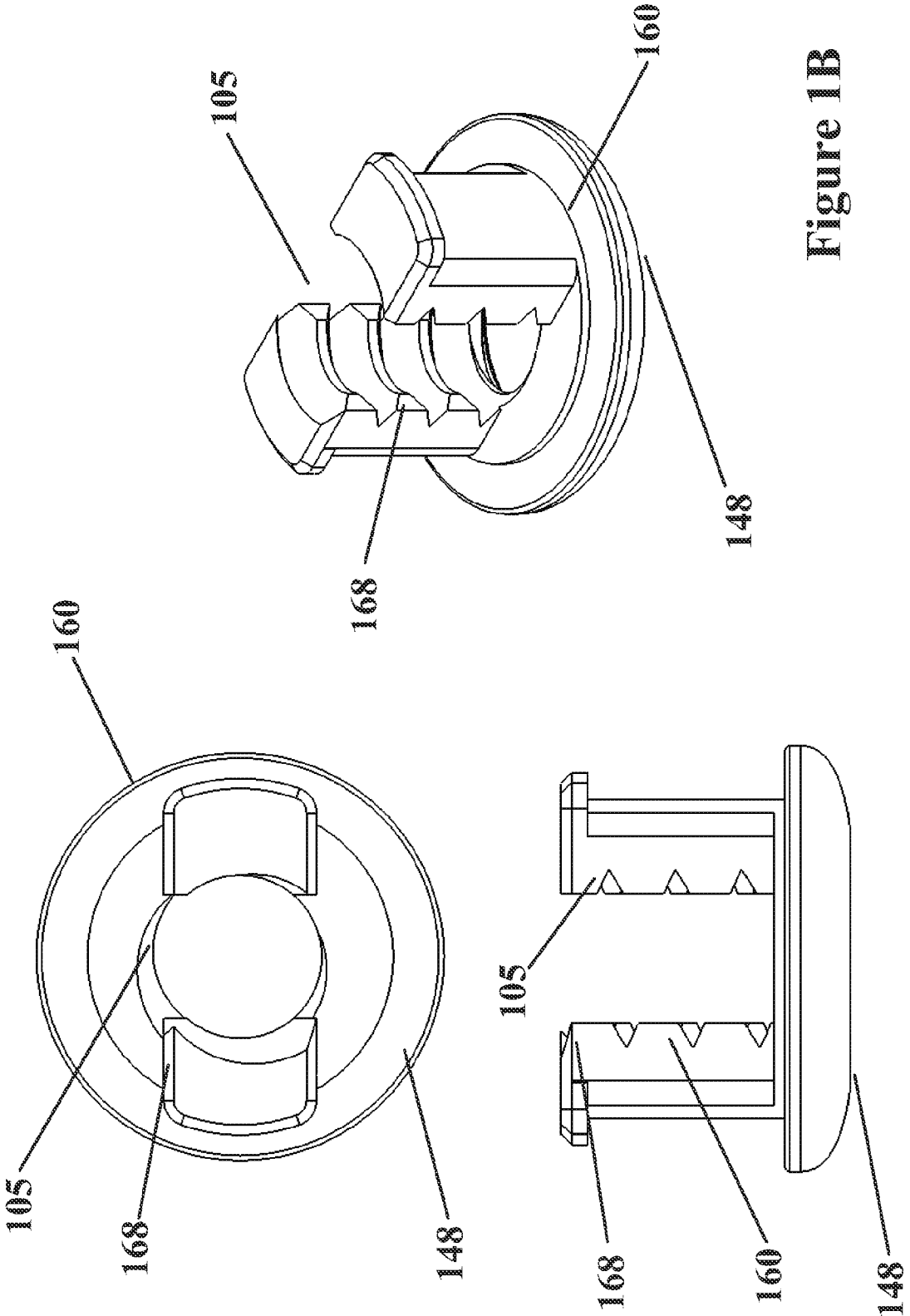


Figure 1B

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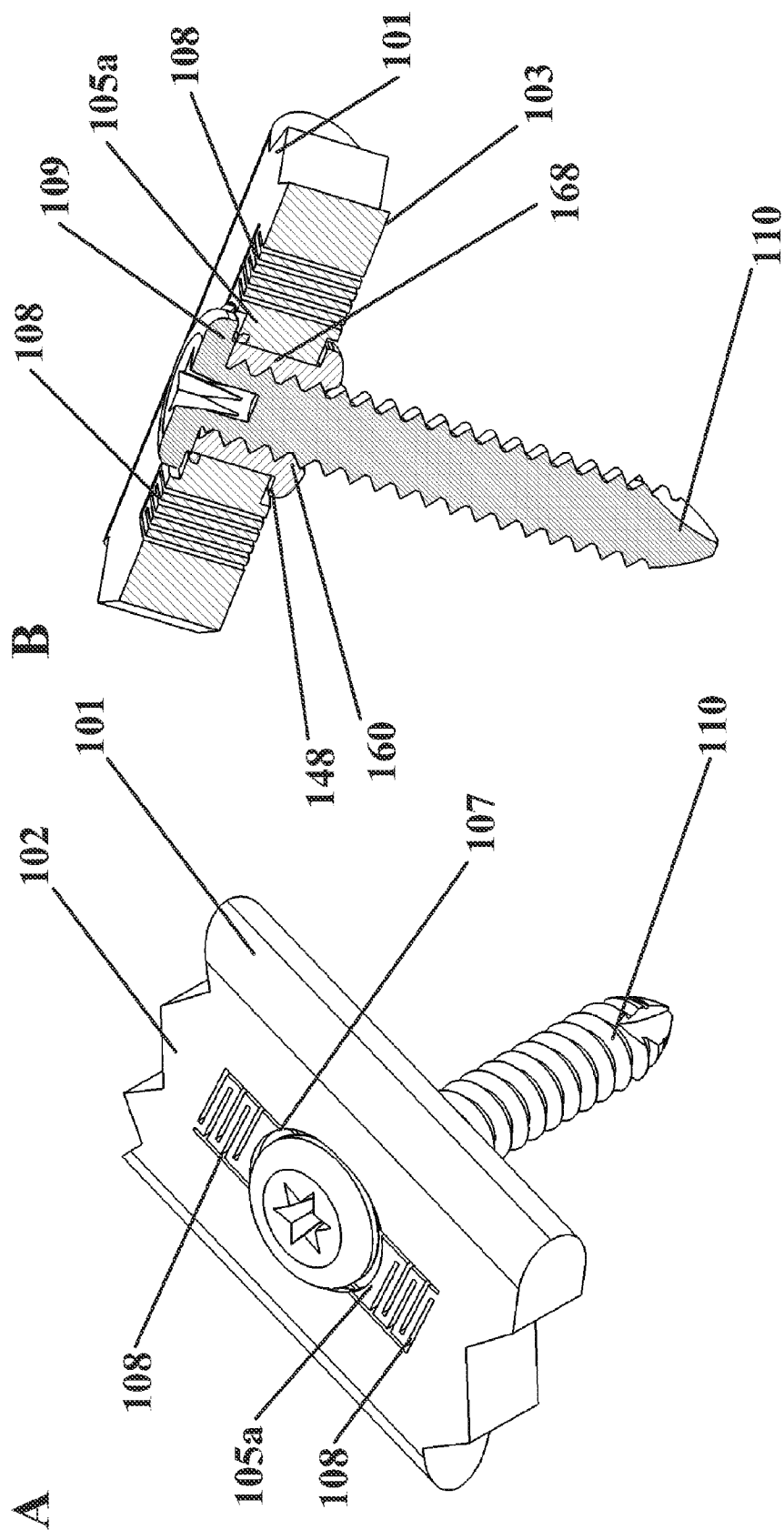


Figure 2

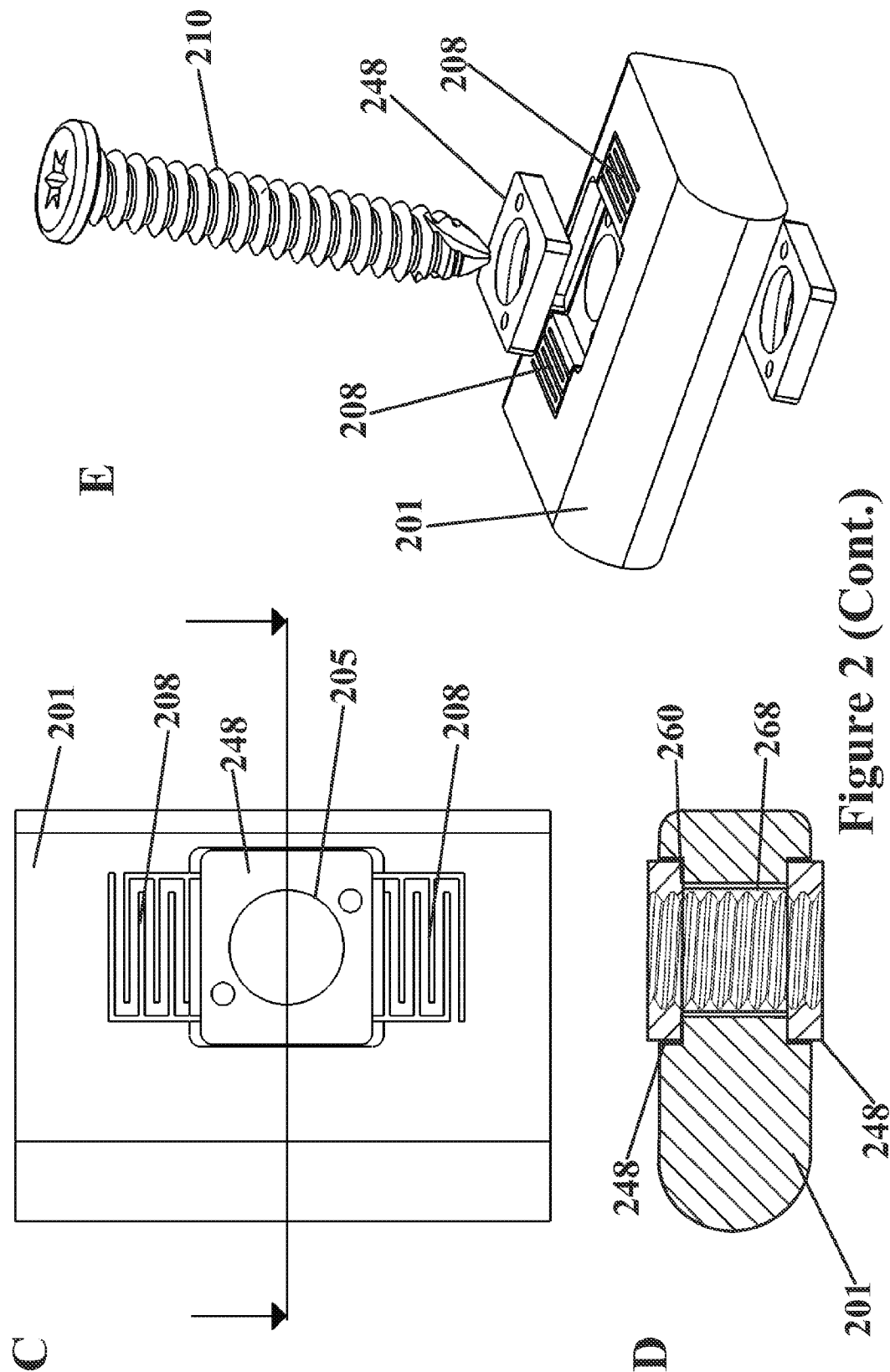


Figure 2 (Cont.)

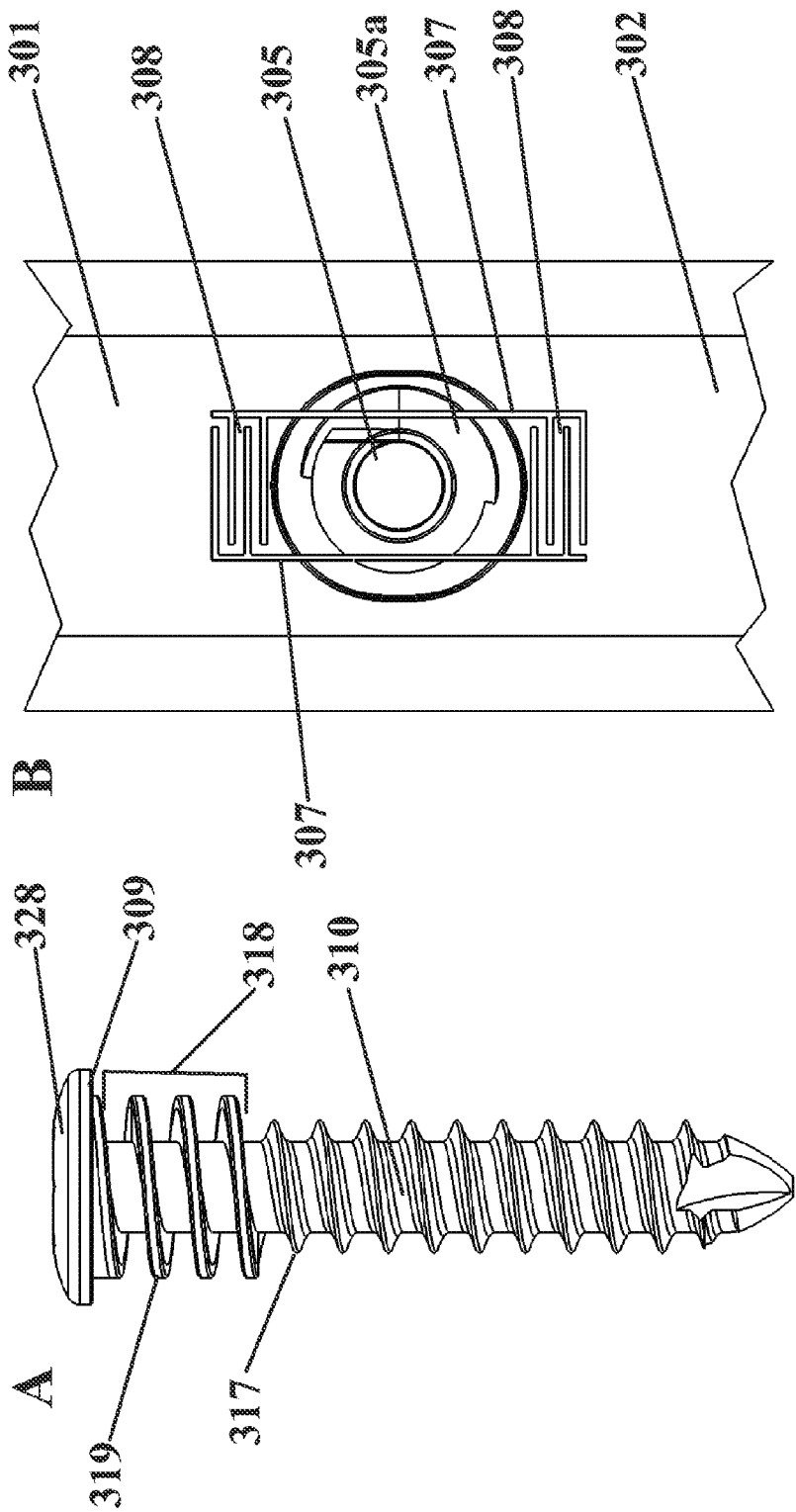


Figure 3

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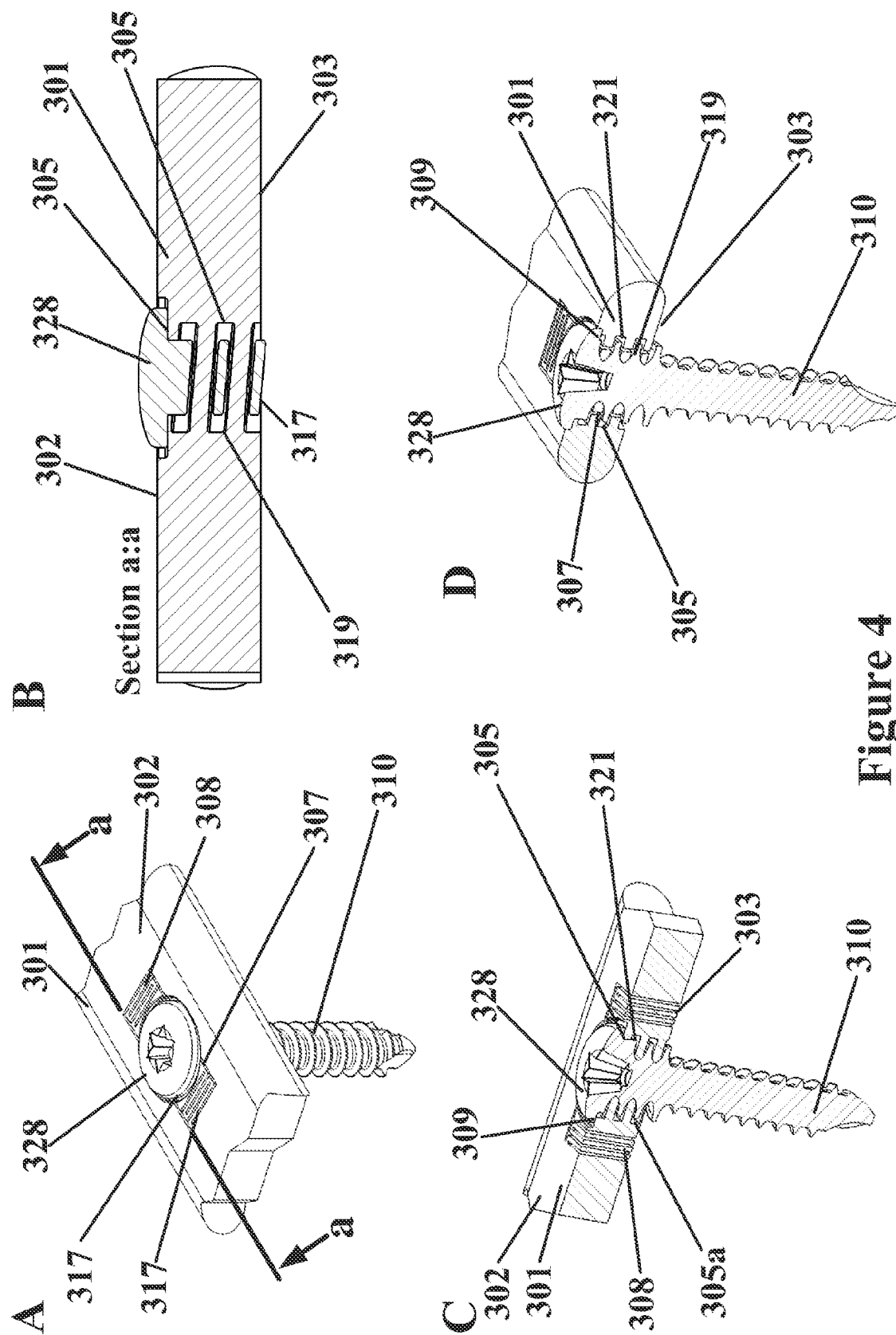


Figure 4

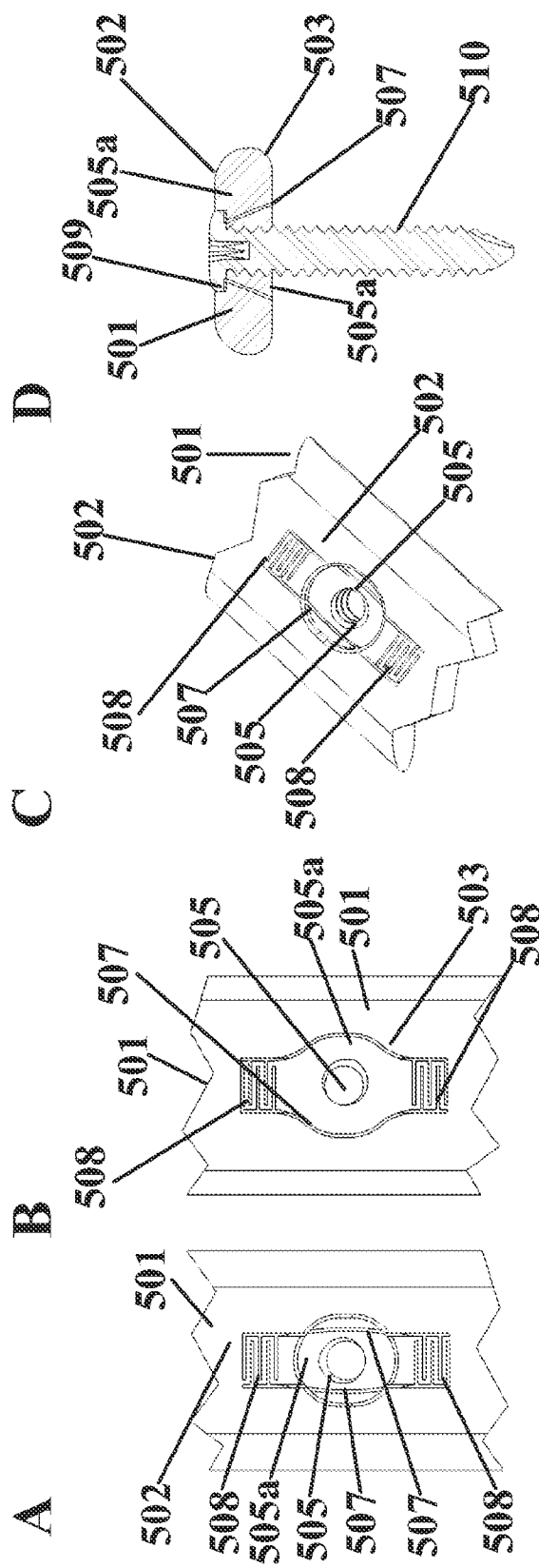


Figure 5

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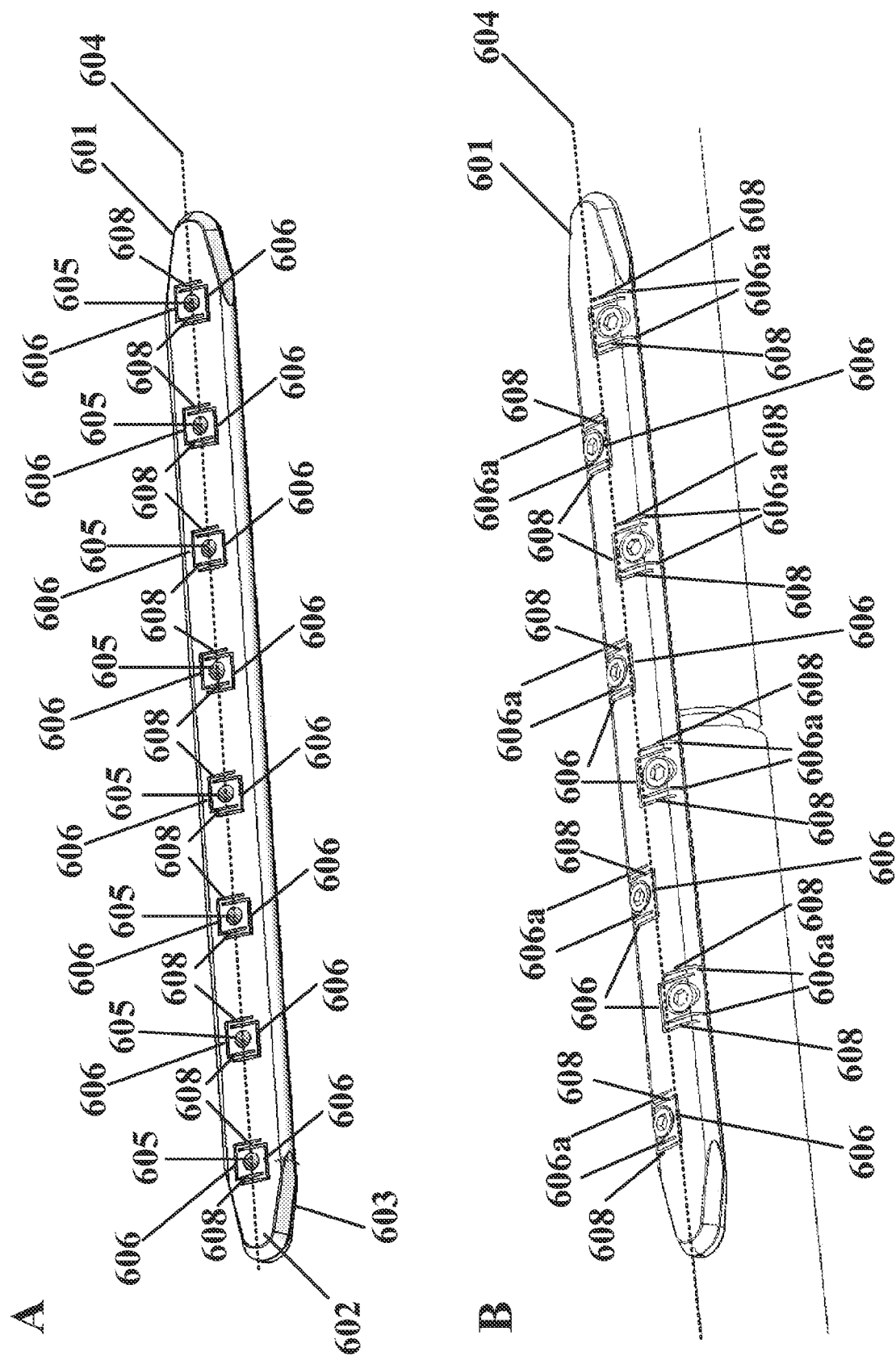


Figure 6

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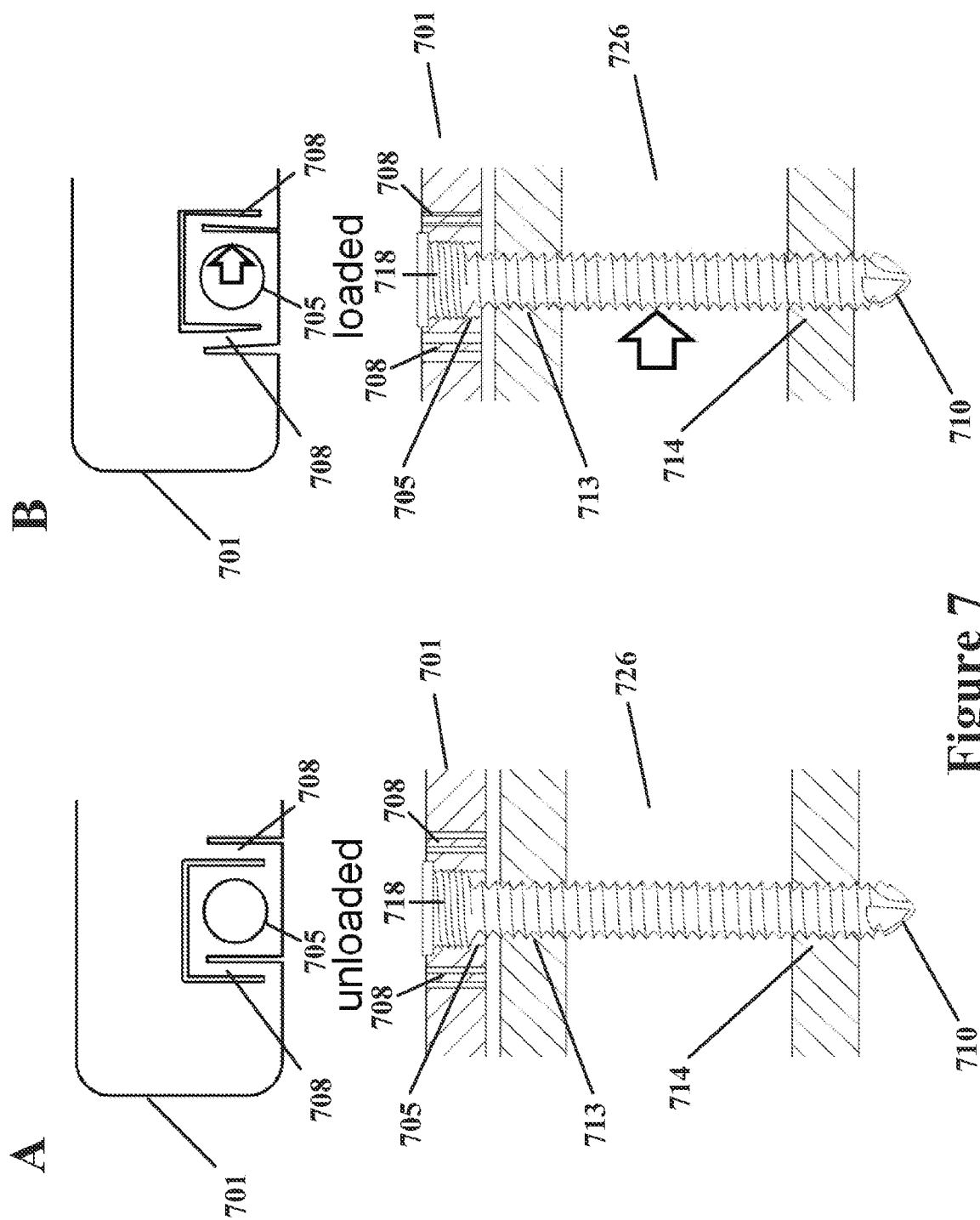


Figure 7

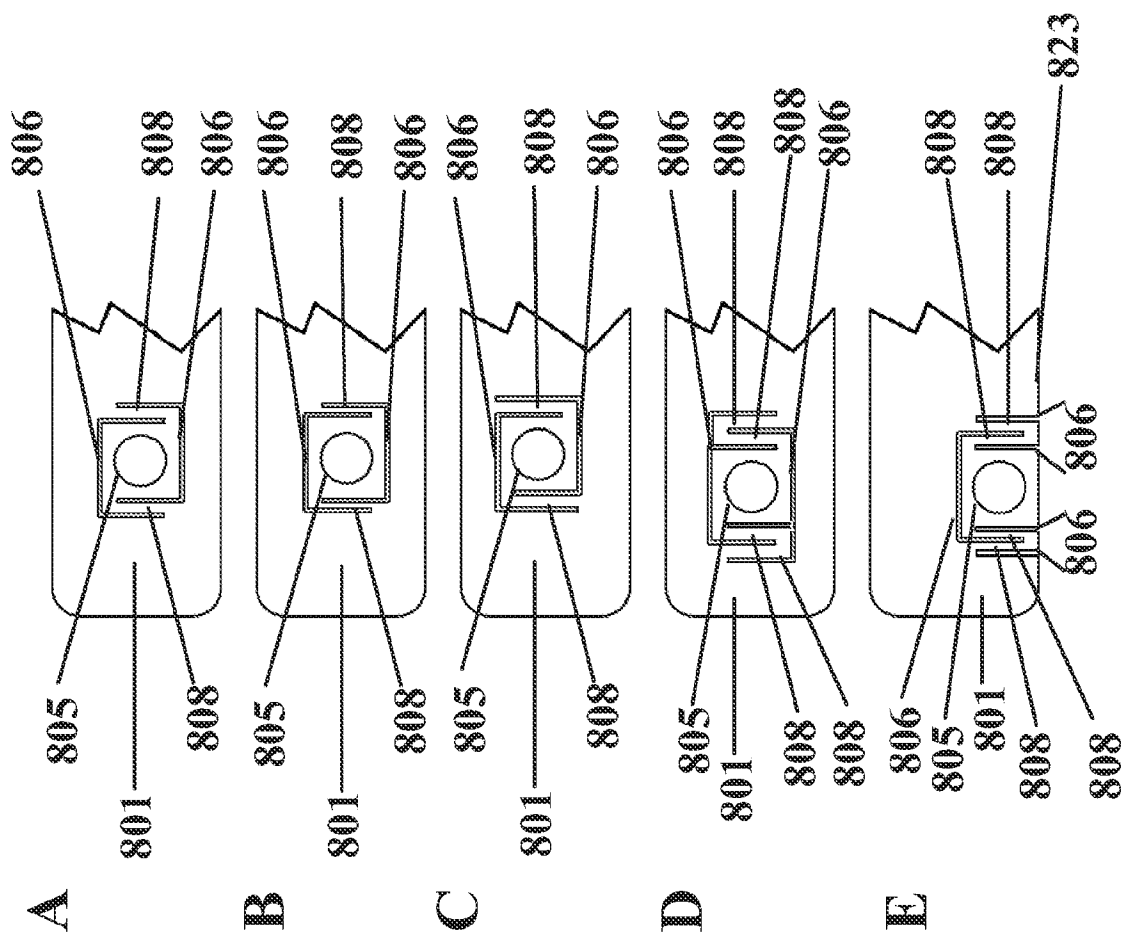
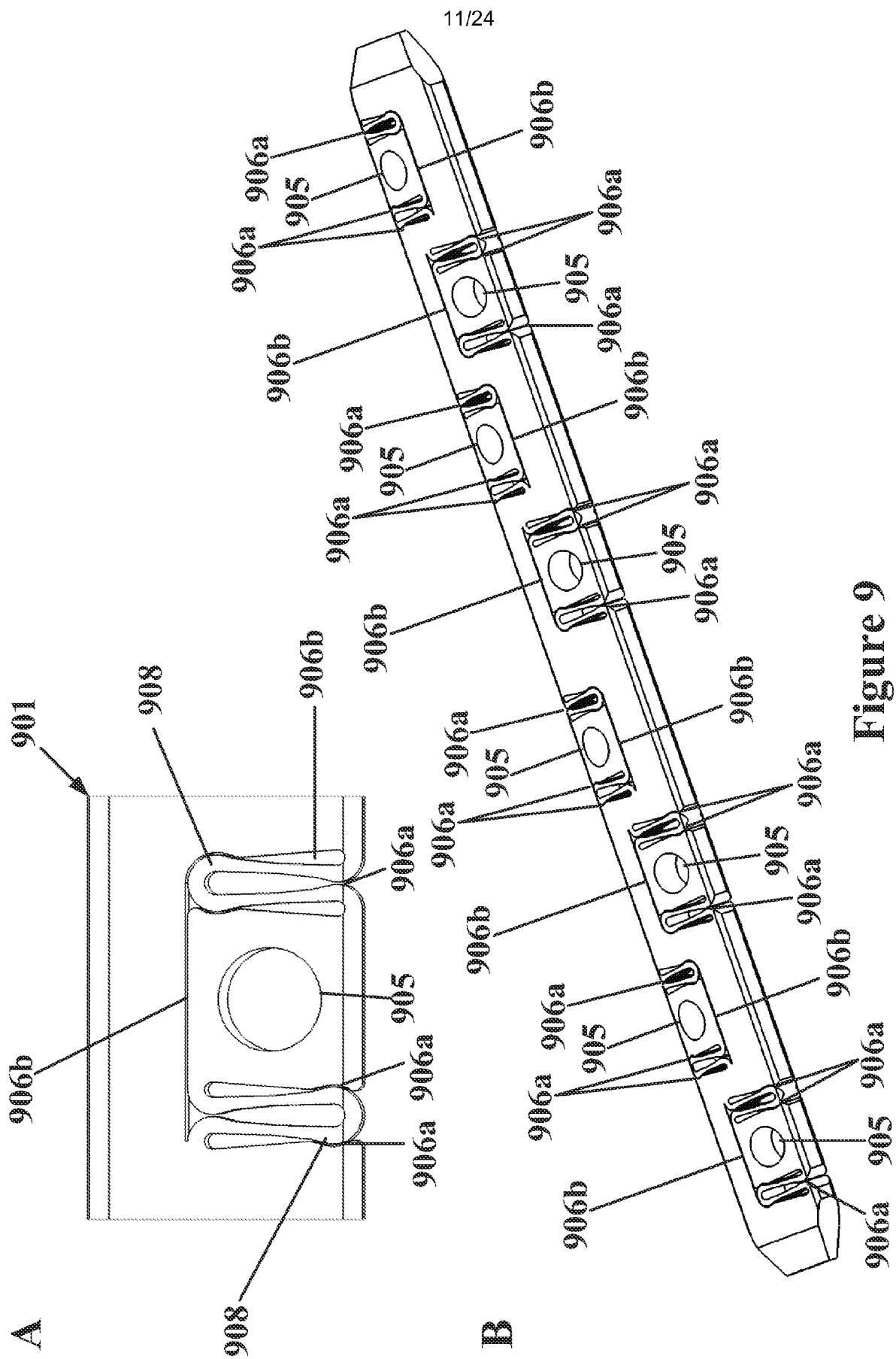
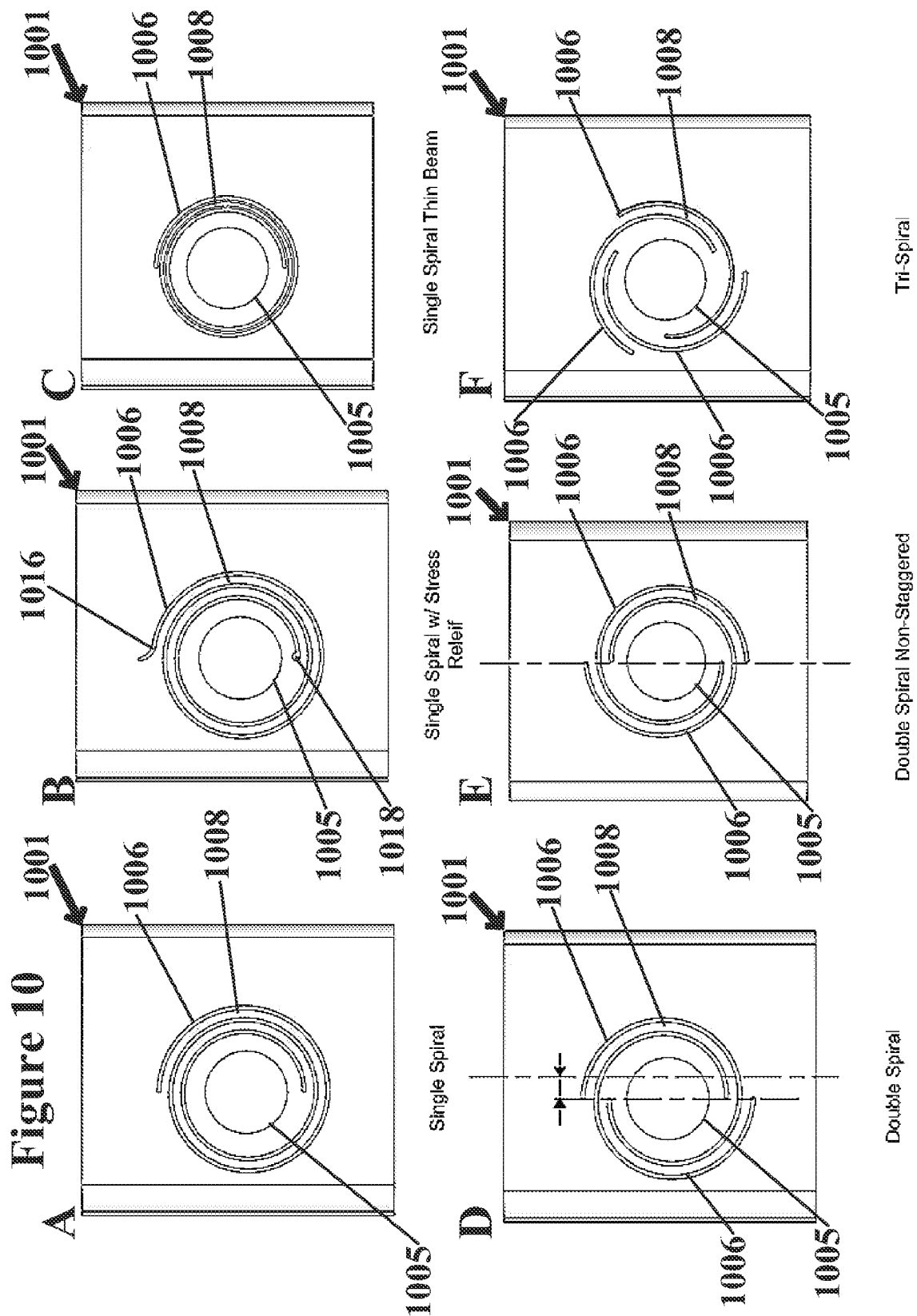


Figure 8



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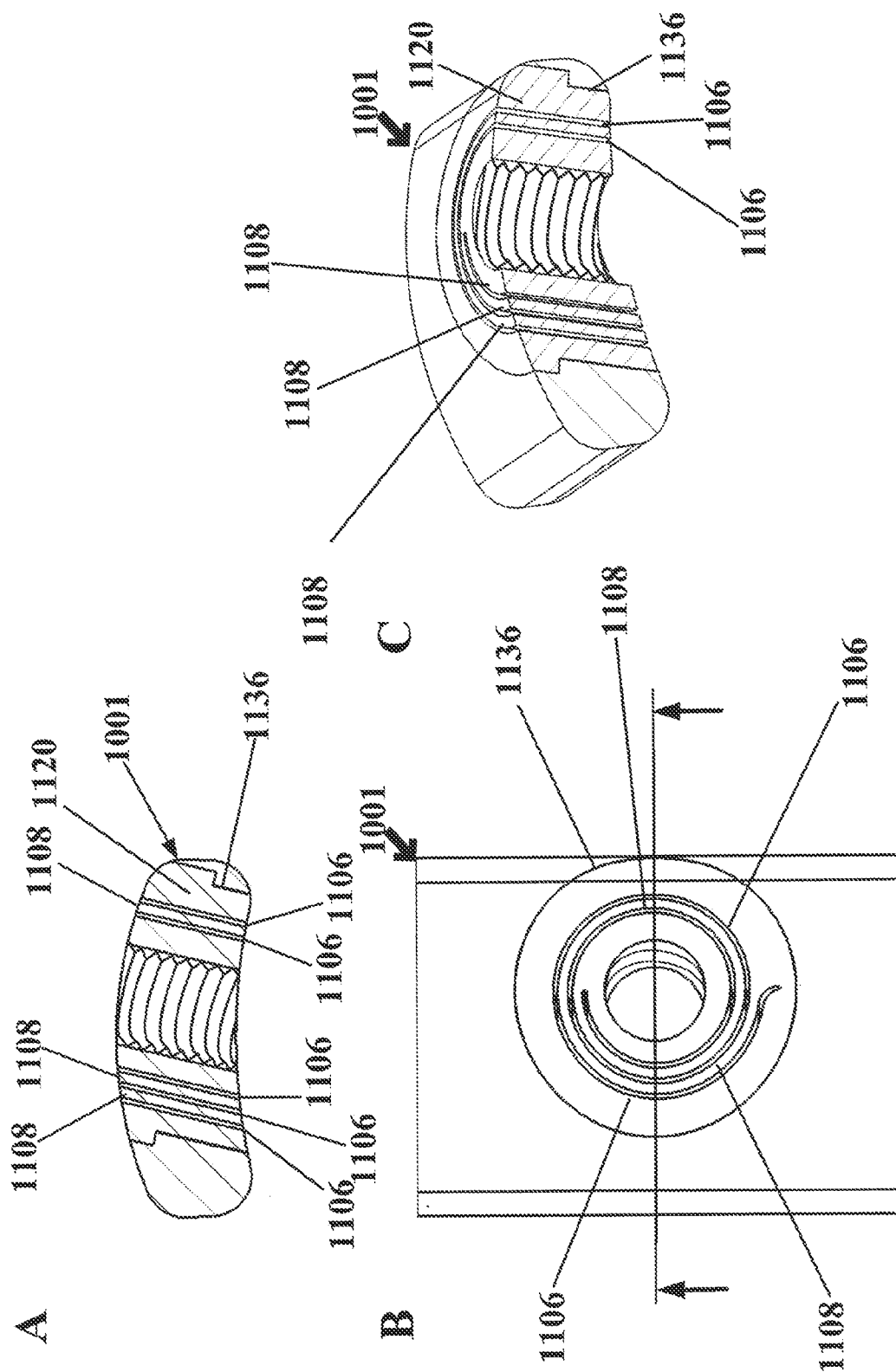


Figure 11

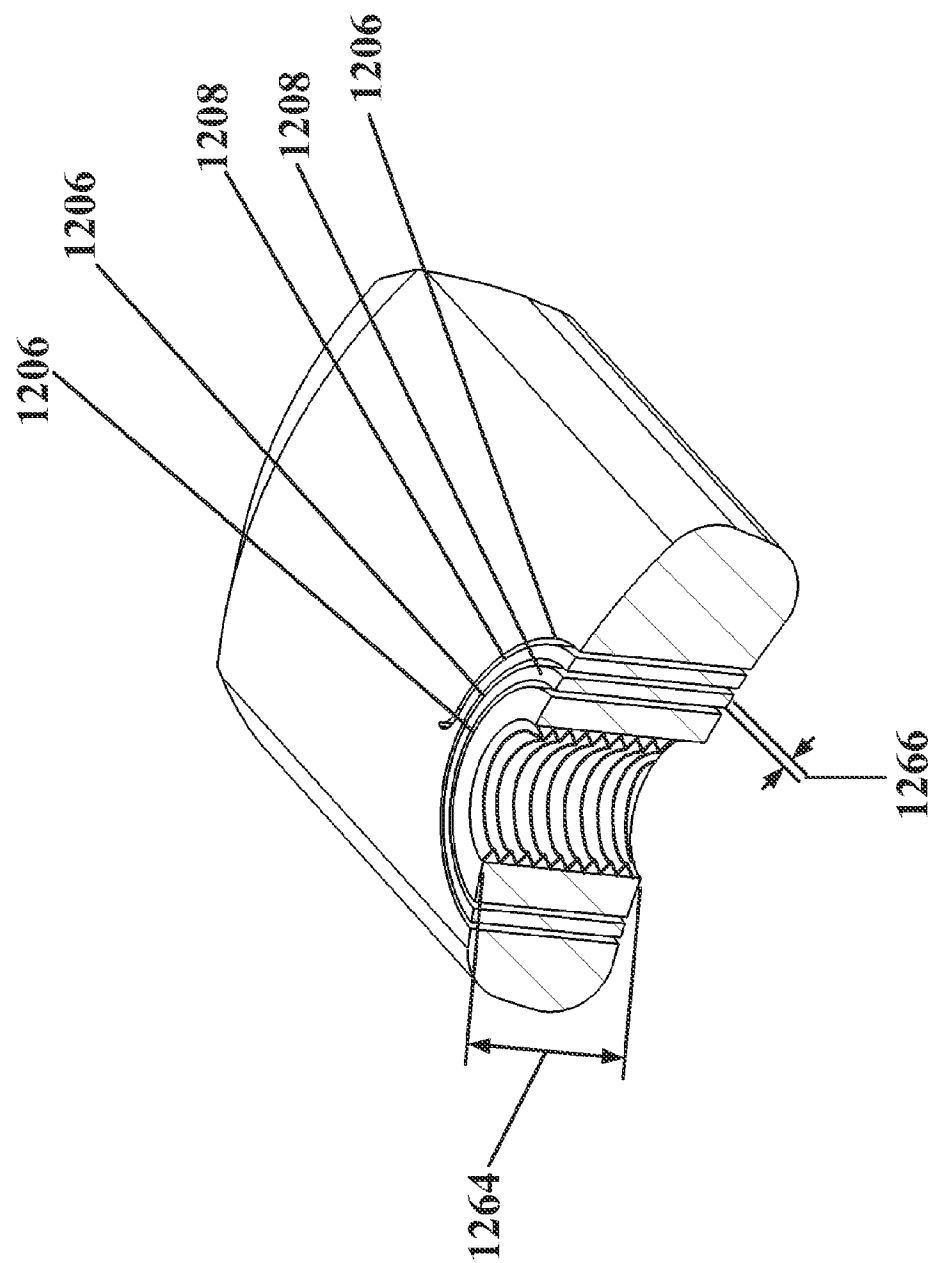


Figure 12

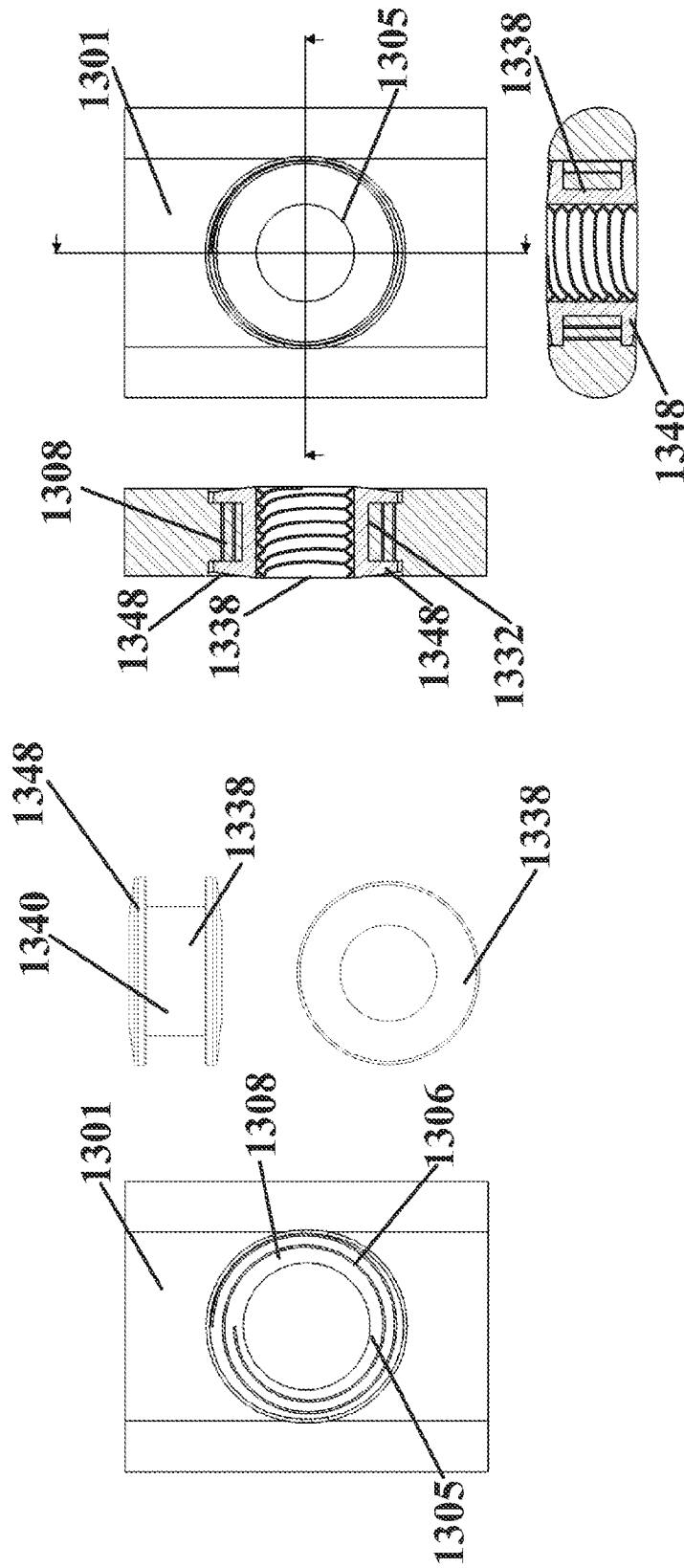


Figure 13A

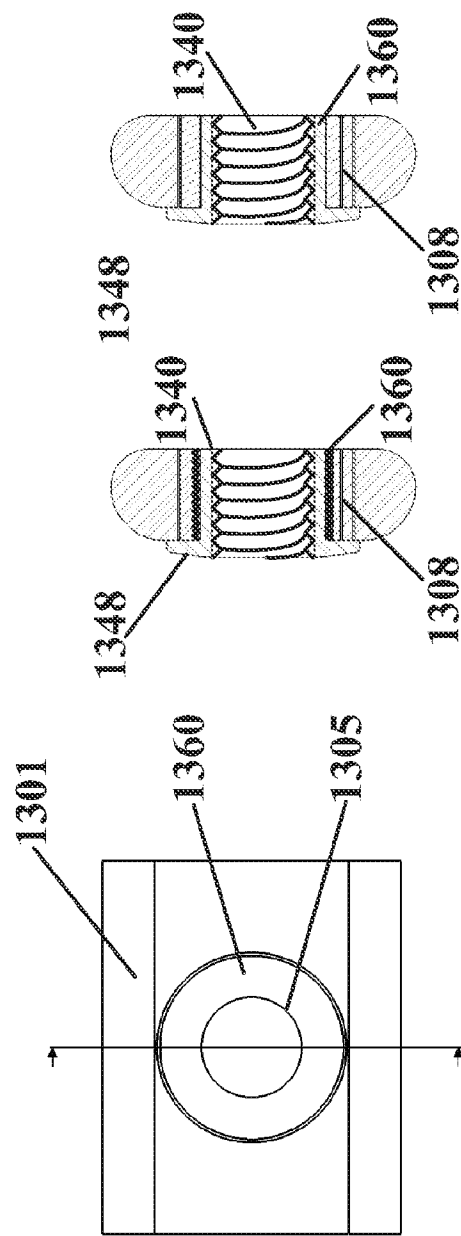


Figure 13B

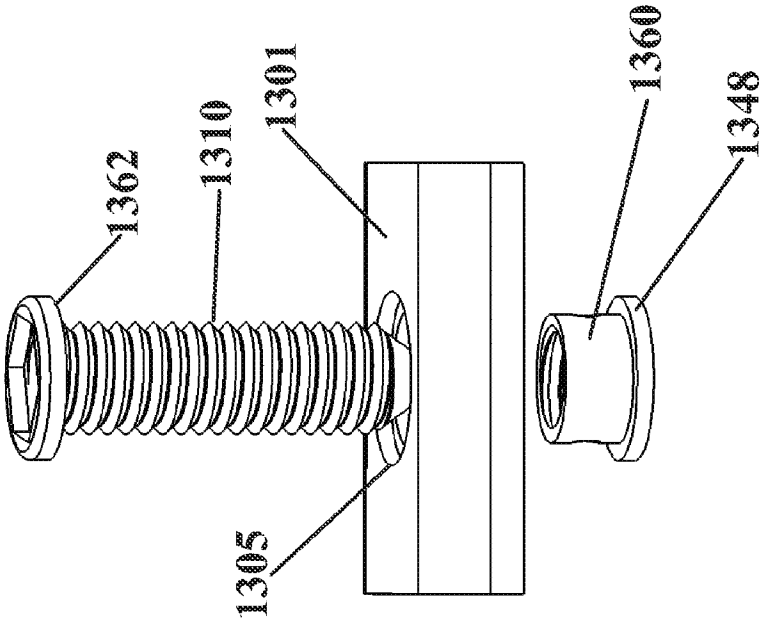


Figure 13C

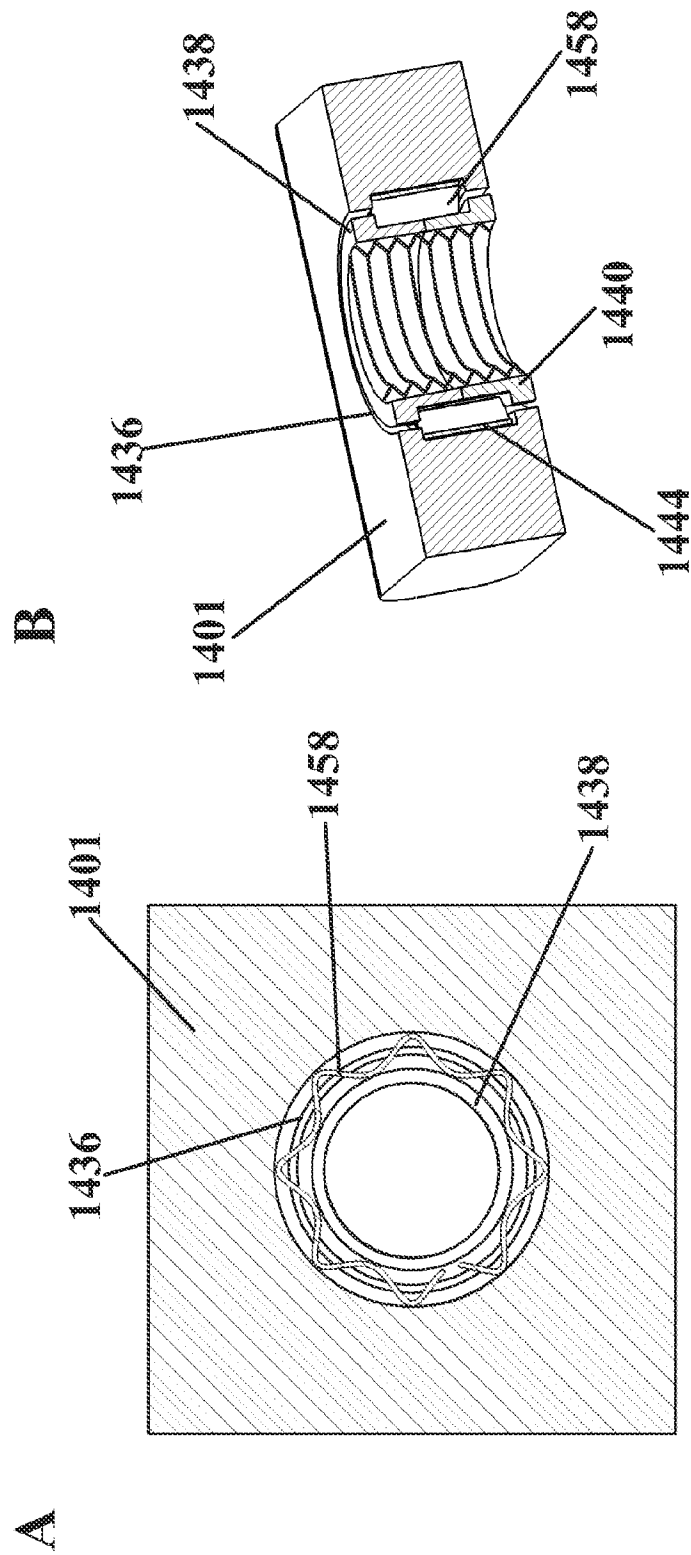


Figure 14

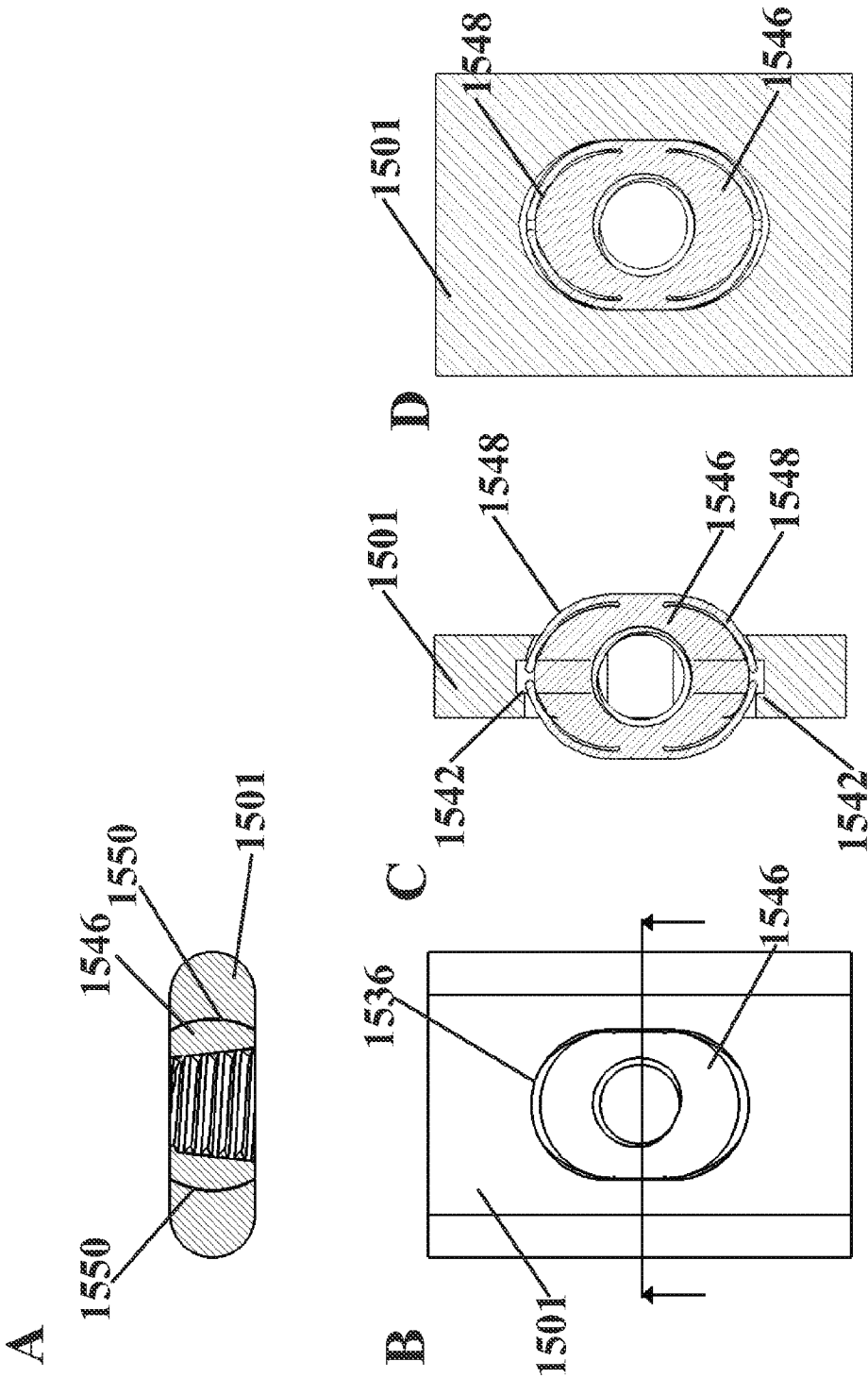


Figure 15

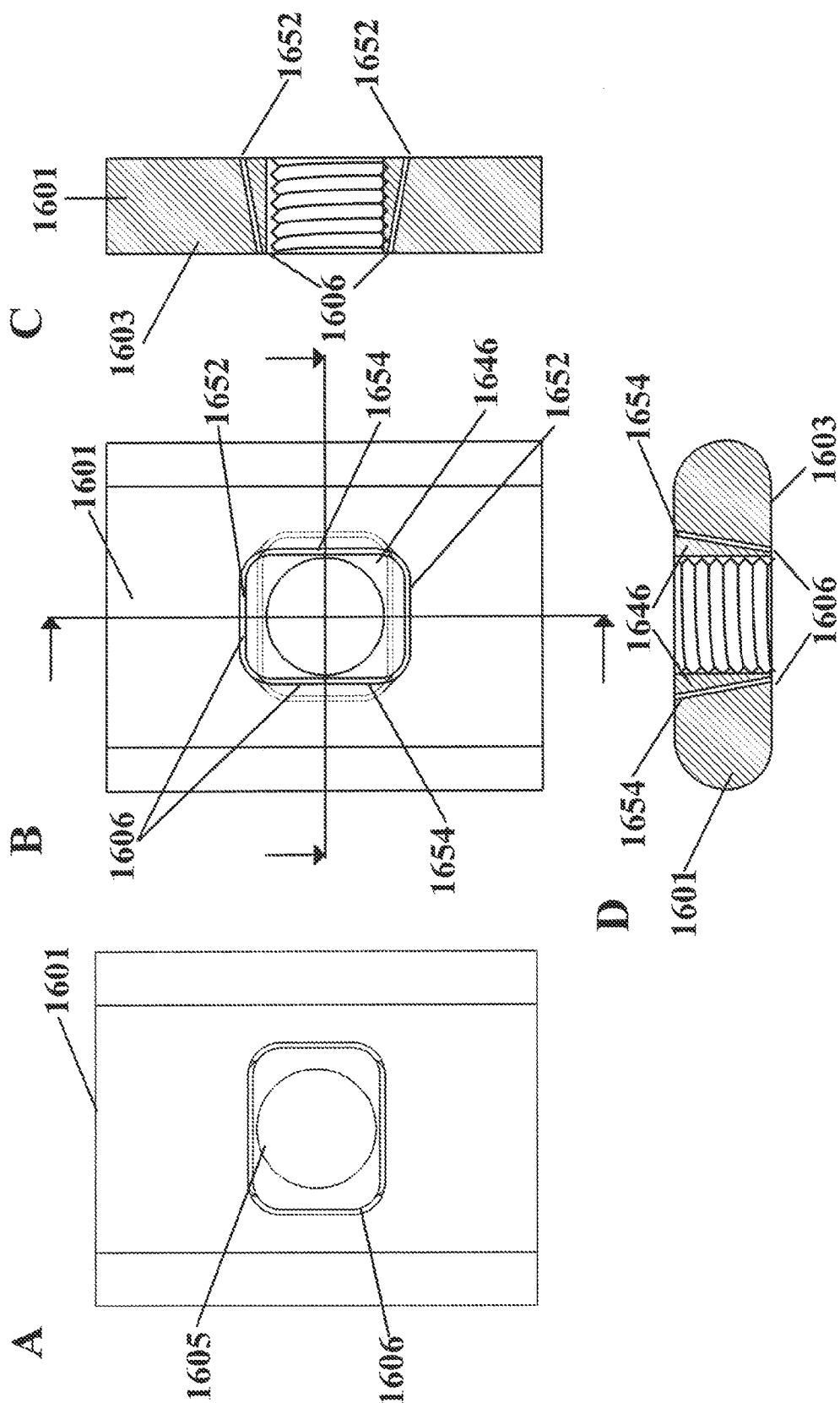


Figure 16

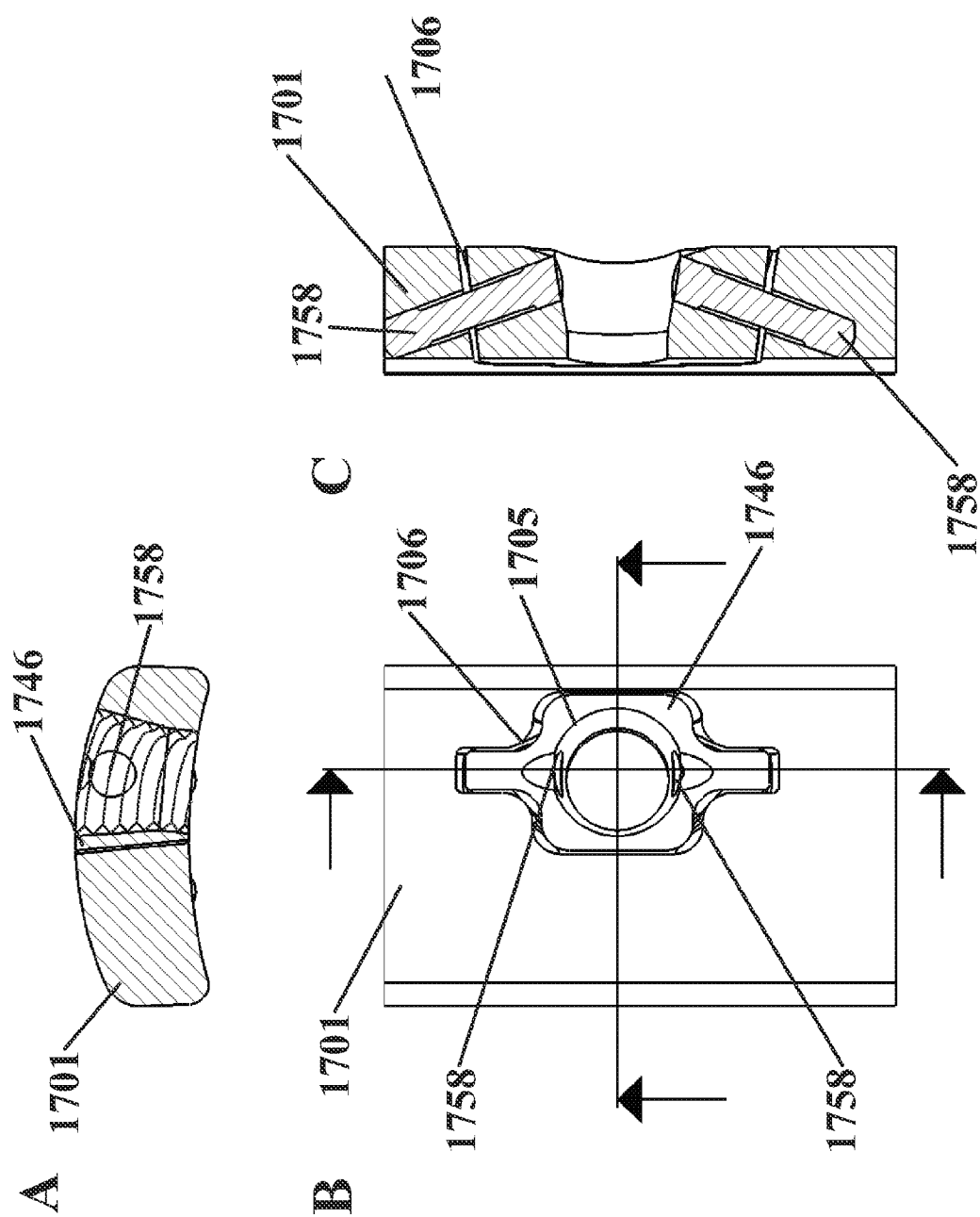


Figure 17

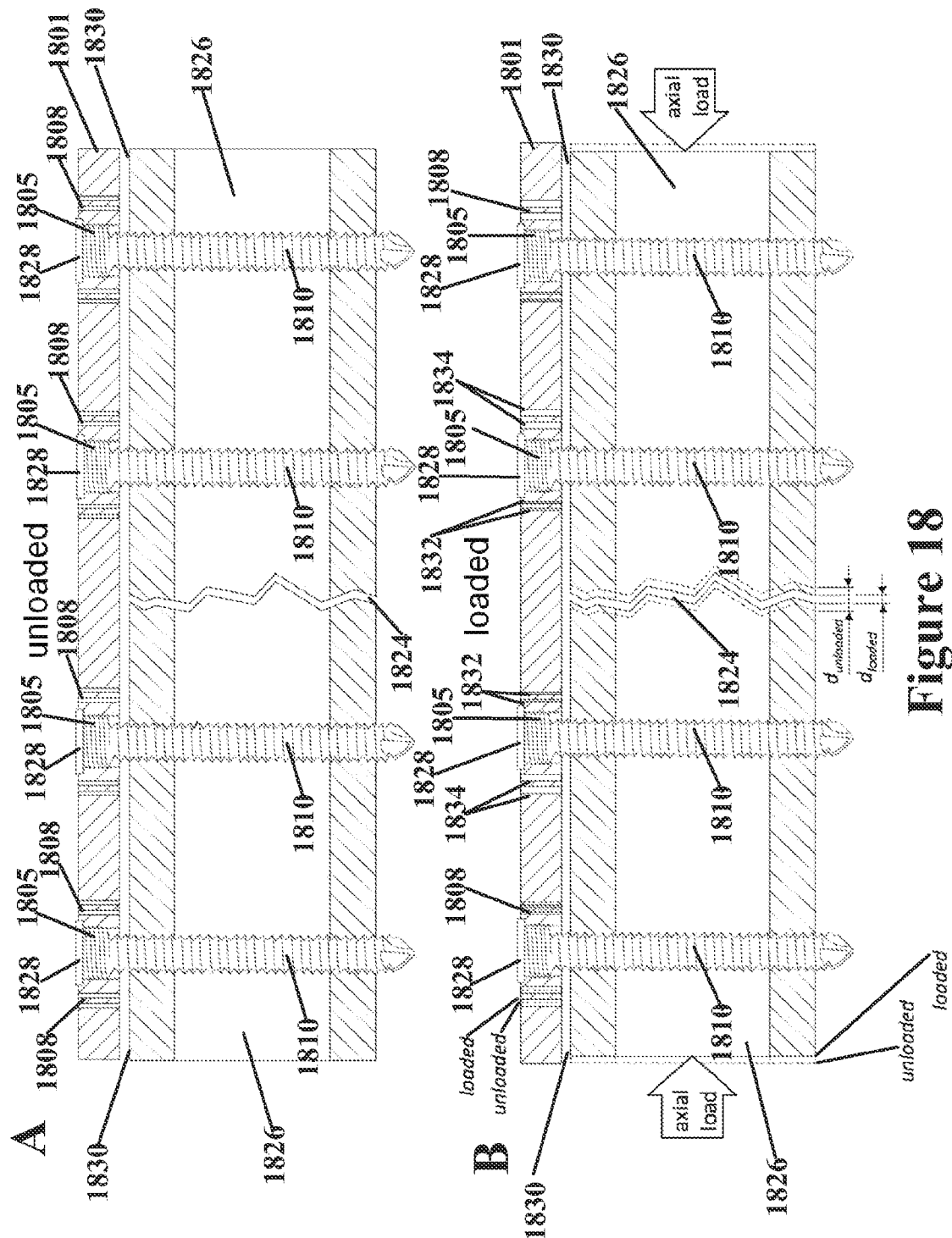


Figure 18

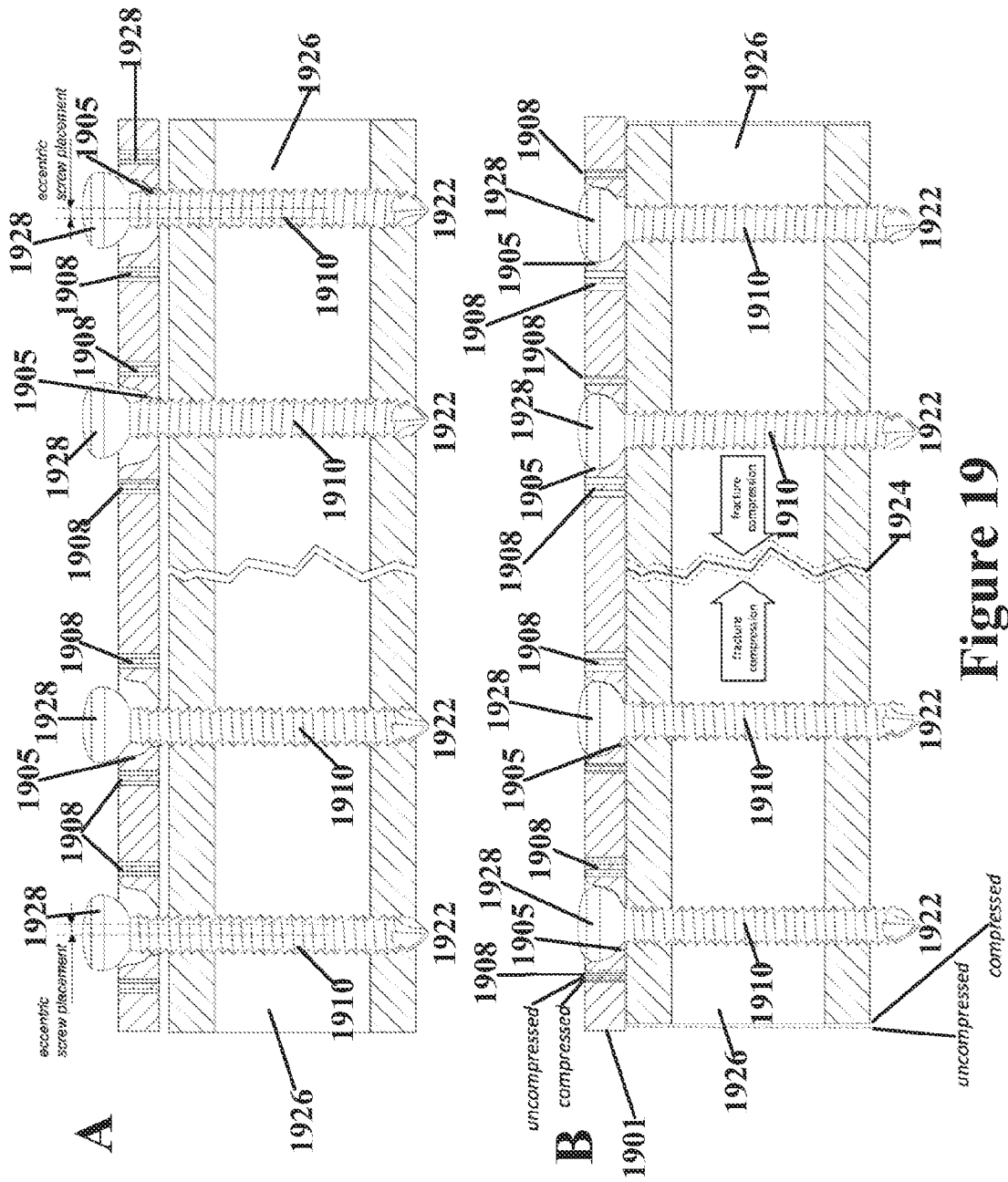


Figure 19

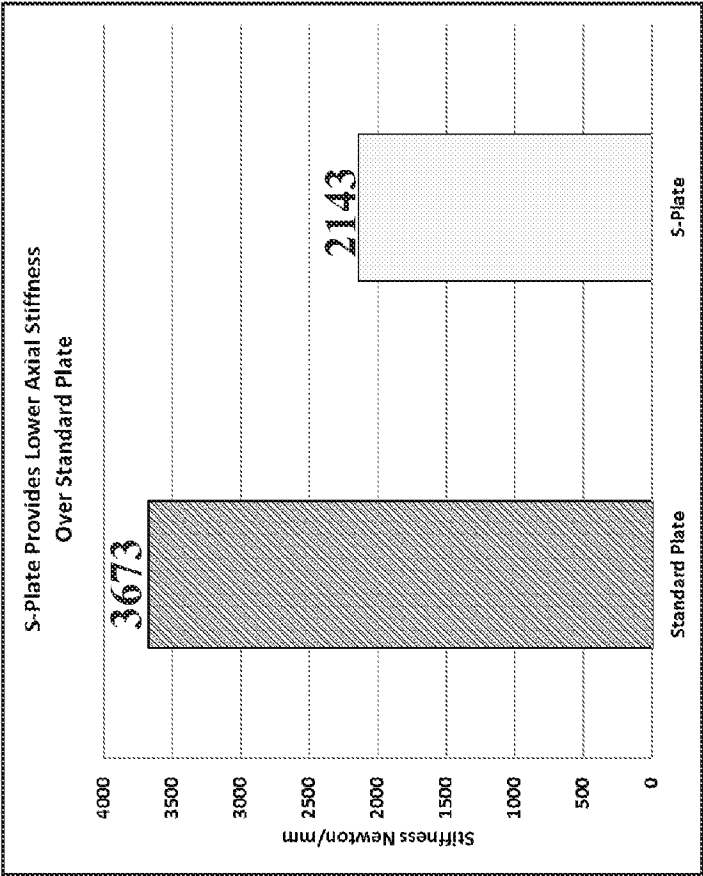


Figure 20