



Figure 3.1, cont'd (C,D) Workhorse flaps commonly used for reconstruction of specific body regions. These are flaps customarily used for each body part, and include both free flap and pedicled flap alternatives. Although it may not be specifically listed, many workhorse flaps often have additional potential roles as a choice for other body regions. ADM, abductor digiti minimi; ALT, anterolateral thigh; AMT, anteromedial thigh; DIE(A)P, deep inferior epigastric (artery) perforator; DP, deltopectoral; EDB, extensor digiti brevis; FAMM, facial artery musculomucosal; FDB, flexor digitorum brevis; IGAP, inferior gluteal artery perforator; MFC, medial femoral condyle; PM, pectoralis major; PTAP, posterior tibial artery perforator; SEAP, superior epigastric artery perforator; SGAP, superior gluteal artery perforator; SIEA, superficial inferior epigastric artery; TDAP, thoracodorsal artery perforator; TPF, temporoparietal fascia; TFL, tensor fascia lata; TRAM, transverse rectus abdominis myocutaneous; VRAM, vertical rectus abdominis myocutaneous.

Table 3.6 Comparison of attributes for “workhorse specialized” tissue flaps

| | Colon | Glabrous skin | Jejunum | Joints | Nail beds | Toe |
|---|-------------------|----------------------|--------------------|----------------|---------------------|-------------------------------------|
| Ease of dissection | Simple | Not easy | Easy | Moderate | Difficult | Moderate |
| Anatomic anomalies | No | Usually | No | Common | No | Common |
| Potential for harvest as compound flap/component tissues that can be included | No | No | No | Yes/bone, skin | Yes/any part of toe | Yes/any part of foot |
| Contour (thin → bulky) | Bulky | Thin | Moderate thickness | N/A | N/A | N/A |
| Implant osseointegration | N/A | N/A | N/A | No | N/A | Yes |
| Donor site morbidity | Laparotomy needed | Minimal | Laparotomy needed | Can be minimal | Loss of nail | First toe, yes; Second toe, minimal |
| Bone length | N/A | N/A | N/A | Shorter | Variable | Short |
| Vascular pedicle caliber | Large | Small | Very large | Large | Small | Large |
| Vascular pedicle length | Long | Short | Very long | Medium | Short | Medium |
| When used as pedicled flap | | | | | | |
| Arc of rotation | Wide | Limited | Moderate | N/A | N/A | N/A |
| Reliability | Good | Moderate | Good | N/A | N/A | N/A |
| Potential for harvest as distally based | N/A | Yes | N/A | N/A | N/A | N/A |

N/A, not applicable.

Table 3.7 Typical and atypical indications for the free and pedicled version of “workhorse” flaps harvested from the head and neck, chest, abdomen, and back regions

| Flap | Free microvascular transfer | | Pedicled | |
|---------------------------|---|---------------------------------|--------------------------------------|---|
| | Typical indication | Atypical indications | Typical indication | Atypical indications |
| Temporoparietal fascia | Thin, gliding surface to cover tendons, especially hand | Hair transplant | Ear salvage | Beard or eyebrow reconstruction |
| Pectoralis major | None | None | Closure of chest or facial wounds | Repair of esophagus or trachea |
| Deltpectoral | None | None | Oropharynx | Chest wounds |
| Rectus abdominis | Breast reconstruction | Lower extremity | Breast reconstruction | Groin |
| Jejunum | Cervical esophagus | Oropharynx lining | N/A | N/A |
| Trapezius | None | None | Midline posterior neck coverage | Lateral face |
| Scapular and parascapular | Large defects | Bone flap | Axillary contractures | Head and neck coverage |
| Latissimus flap | Large defects | Quadriceps function restoration | Breast, chest wounds, thoracic spine | Axillary contractures, head and neck, dynamic upper extremity |

N/A, not applicable.