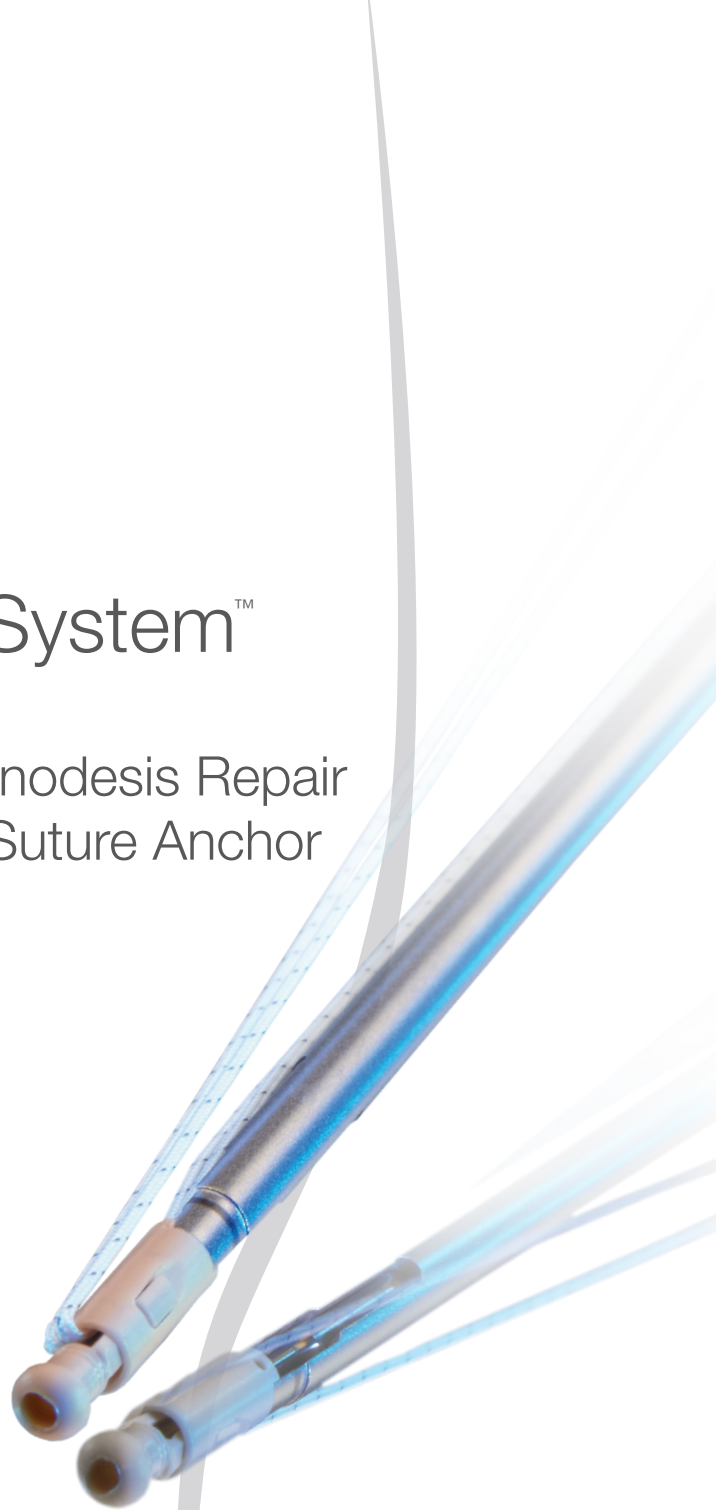
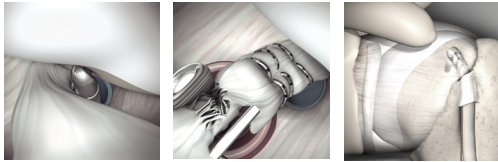




Shoulder Restoration System™

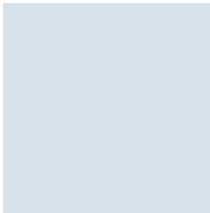
Arthroscopic Proximal Biceps Tenodesis Repair
using the PopLok® 3.5 Knotless Suture Anchor



COMMITTED TO INNOVATION

SURGICAL
TECHNIQUE

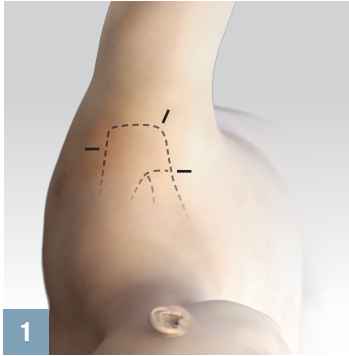
Arthroscopic Proximal Biceps Tenodesis using the PopLok® 3.5 Knotless Suture Anchor



A complete systematic diagnostic evaluation is performed. The biceps tendon is evaluated for signs of inflammation and/or tearing. The tendon is pulled medially into the joint to evaluate the portion of the tendon that normally rests within the groove, a common place for biceps pathology.

Reviewed by Mark J. Albritton, MD, Resurgens Orthopaedics, Atlanta, GA

PORTAL PLACEMENT AND TECHNIQUE



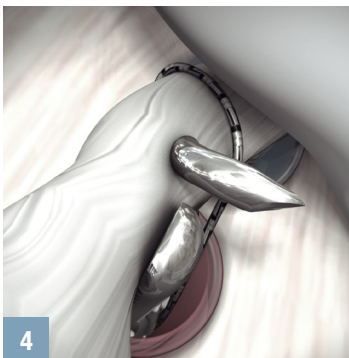
The posterior portal is the viewing portal for the tenodesis. A 7mm cannula is placed in the anterior mid-glenoid portal and anterior superior portal.



Working through the anterior superior portal, the biceps is debrided and the soft tissue within the biceps groove is carefully excised. Meticulous removal of soft tissue from the groove is critical for clear visualization to ensure correct placement of the PopLok® anchor. The tissue can be removed with a motorized shaver or with the help of electrocautery.



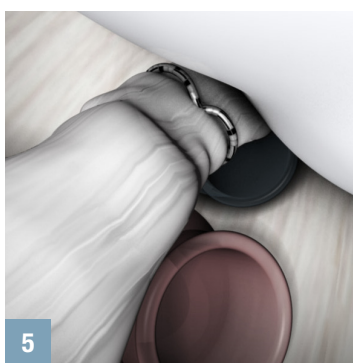
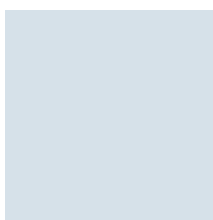
A free strand of #2 Hi-Fi® suture is used to create a “rosette” (i.e. ball of suture,) which is grasped with a grasper. The ball of suture is then passed through the anterior mid-glenoid cannula superior to the biceps tendon and the suture is retrieved inferior to the biceps tendon, looping the tendon.



Working through the anterior superior portal, a Spectrum® medium crescent hook is passed through the anterior cannula to pierce the biceps tendon at its lateral aspect within the joint, staying medial to the looping suture. A Super Shuttle® relay is advanced into the joint. The crescent hook is removed, leaving the shuttle through the biceps tendon.

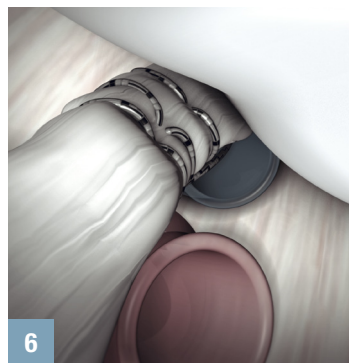
Arthroscopic Proximal
Biceps Tenodesis
Surgical Technique

TECHNIQUE AND CONSTRUCT



5

The distal portion of the shuttle is retrieved into the anterior superior cannula. After ensuring both Hi-Fi® suture tails exiting the cannula are of equal length, load both tails into the shuttle eyelet and shuttle through the biceps, creating a locking hitch.



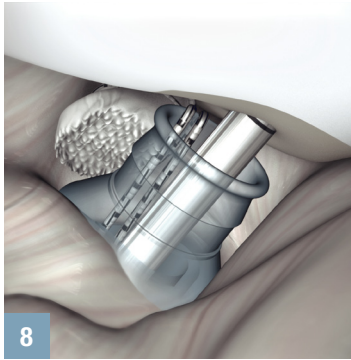
6

This locking hitch stitch is performed one or two more times with the same Hi-Fi® suture to provide a better fixation to the biceps tendon.

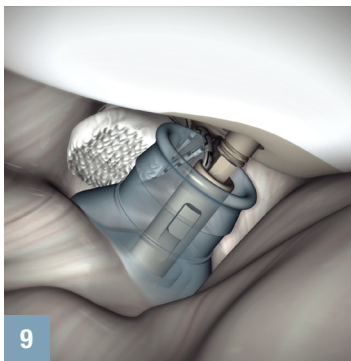


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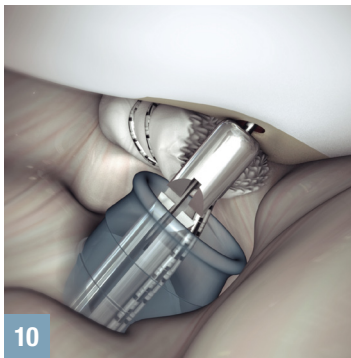
The intra-articular portion of the biceps tendon, 1cm distal to the hitching stitches, is excised with a basket forceps and the stump is removed with a shaver.



Through the anterior superior cannula, a pilot hole is created within the biceps groove. Using the punch for the 3.5mm PopLok® anchor and a mallet, the punch is inserted until the laser line reaches the cortex.

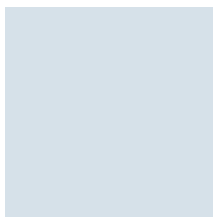


The Hi-Fi® sutures exiting the anterior cannula are loaded into the PopLok® anchor. The PopLok® anchor is inserted into the pilot hole and the inserter is gently tapped until the laser line reaches the cortex. The sutures are tensioned, pulling the biceps securely down to the prepared bone.

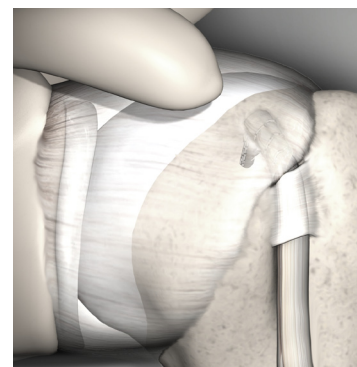


The anchor is deployed, securing the PopLok® anchor, sutures, and biceps tendon. The inserter is removed and the suture tails are cut with the Katana® High-Strength Suture Cutter.

FINAL CONSTRUCT



The biceps tendon is secured down to the bleeding bone within the bicipital groove, providing a stable and secure fixation.



ORDERING INFORMATION

SPECTRUM® II SET

Spectrum II Handle C6350
Spectrum II Sterilization Tray.....C6355
Spectrum II Roller Wheel Replacement Kit C6356

LIMITED REUSE SUTURE HOOKS

Suture Hook 45° RightC6360
Suture Hook 45° Left.....C6361
Suture Hook 60° RightC6362
Suture Hook 60° Left.....C6363
Suture Hook 90° RightC6364
Suture Hook 90° Left.....C6365
Suture Hook CorkScrew, RightC6366
Suture Hook CorkScrew, Left.....C6367
Suture Hook Straight.....C6368
Suture Hook Crescent,
Small, 3.0 x 15.0mmC6369
Suture Hook, Crescent,
Medium, 4.0 x 20.0mmC6370
Suture Hook, Crescent,
Large, 6.0 x 25.0mmC6371

DISPOSABLE SUTURE HOOKS

Suture Hook, 45° Right (Red)C6380
Suture Hook, 45° Left (Blue)C6381
Suture Hook, 60° Right (Orange)C6382
Suture Hook, 60° Left (Yellow).....C6383
Suture Hook, Straight (Pink).....C6384
Suture Hook, Crescent, Small,
3.0 x 15.0mm (White).....C6385
Suture Hook, Crescent, Medium,
4.0 x 20.0mm (Teal).....C6386
Suture Hook, Crescent, Large,
6.0 x 25.0mm (Purple)C6387

ACCESSORIES

Super Shuttle® Suture Passer (8/box).....C6005
Loop Handle Knot PusherC6112
Crochet HookC6105
Grasping Forceps, 3.4mm
Diameter, Straight with Ratchet..... 11.1001
Suture Retrieval Forceps, 3.4mm
Diameter 16.1018

KATANA® HIGH-STRENGTH SUTURE CUTTER

3.5mm dia., 142mm.....GU1009

POPLOK® KNOTLESS SUTURE ANCHOR

PopLok 3.5mm Anchor CKP-3500
PopLok 3.5mm w/One Strand of #2 Hi-Fi Suture CKP-3501
PopLok 3.5 Punch..... PKL-35M
PopLok 4.5mm Anchor CKP-4500
PopLok 4.5mm w/Two Strands of #2 Hi-Fi Suture CKP-4502
PopLok 4.5 Punch..... PKL-45M

HI-FI® #2 HIGH STRENGTH SUTURE

(STERILE, 12 PER BOX)

40 in. single strand, (white)HC-5 ½ in. circle, tapered needle..... H5000
Two 40 in. strands, (white and white with blue strip), HC-5 ½ in. circle, tapered needles ... H5100
36 in. single strand, (blue and white cobraid)no needle H5120
36 in. single strand, (white) no needle..... H5130
36 in. single strand, (white and green co-braid) no needle..... H5140
36 in. single strand, (black and white cobraid) no needle H5150

DRY-DOC® CANNULA

Dry-Doc 5x85mm..... C7350
Dry-Doc 7x85mm..... C7360
Dry-Doc 8x85mm..... C7368
Dry-Doc 8x75mm..... C7367

REUSABLE CANNULATED METAL OBTURATOR

5.0mm x 85mm.....C7380
7.0mm x 85mm.....C7385
8.0mm x 75mm.....C7390
8.0mm x 85mm.....C7395

Arthroscopic Proximal
Biceps Tenodesis
Surgical Technique



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