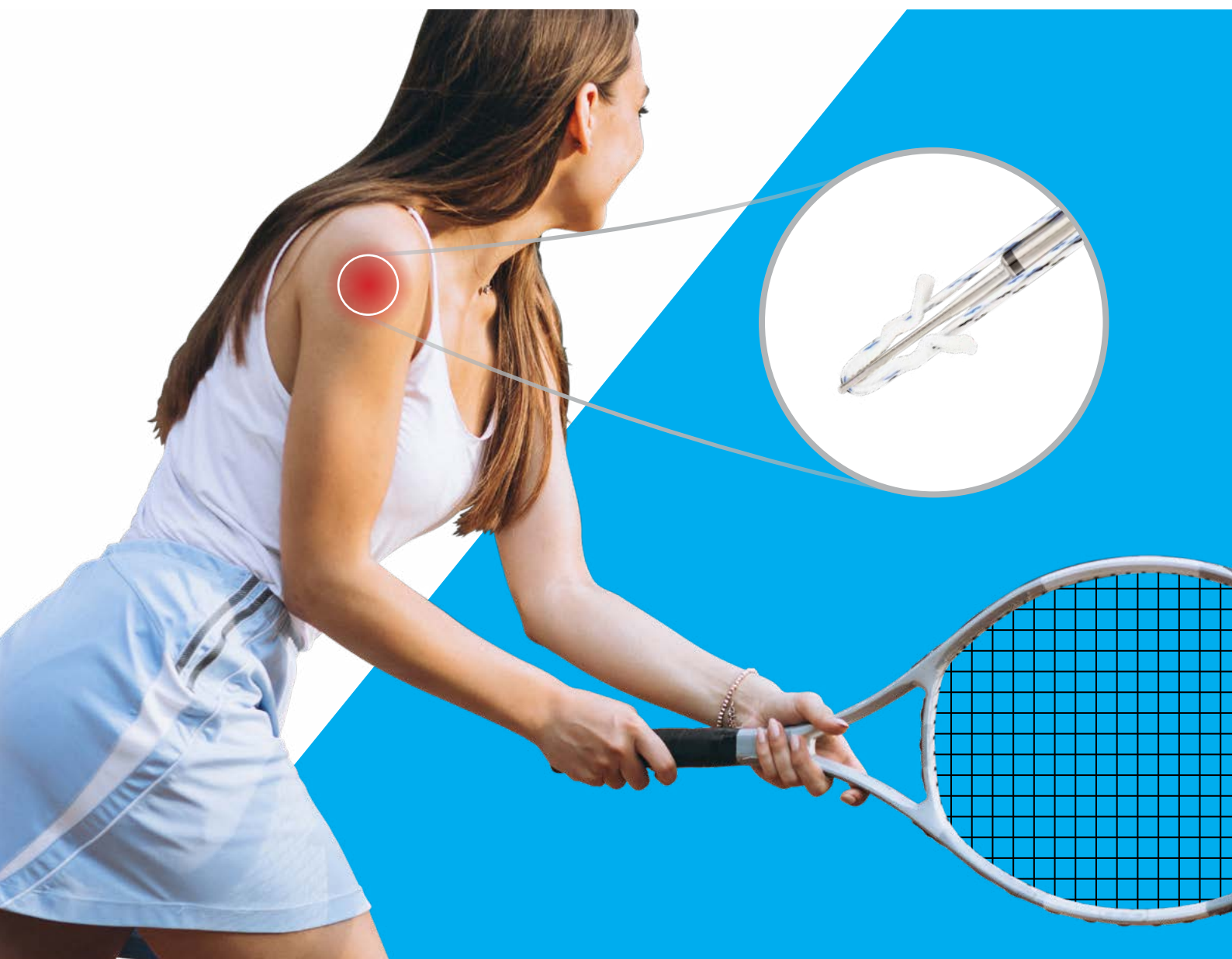


## Arthroscopic Single Row Rotator Cuff Repair using **FIBERKNOT<sup>®</sup> Ligament Anchor**

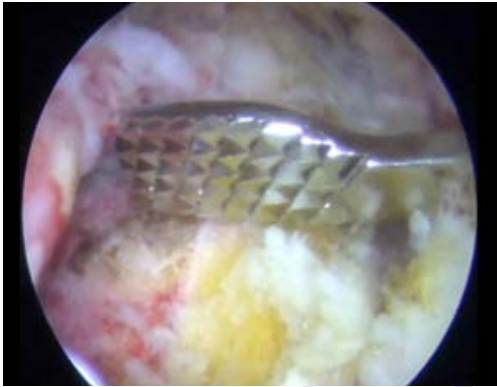


# Technique Guide



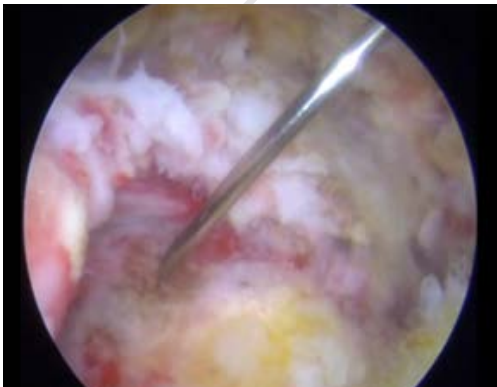
## Step 1

Through the lateral portal, grab the cuff, using a tissue grasper and reduce it to its lateral footprint. Note the area to where the cuff is pulled laterally.



## Step 2

Create a bleeding bed on the superior surface of the greater tuberosity using a rasp, shaver or burr.



## Step 3

Establish a superior lateral portal just lateral to the border of the acromion. This portal will be used to introduce FIBERKNOT<sup>®</sup> Ligament anchors.



## Step 4

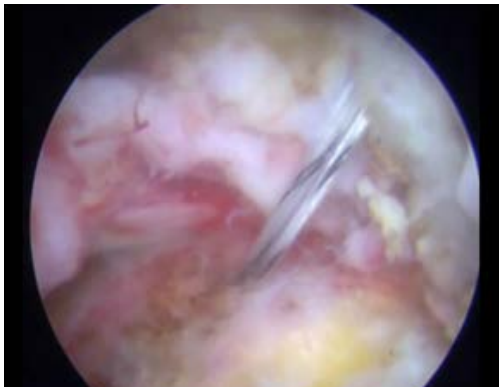
Introduce the Punch for FIBERKNOT<sup>®</sup> Soft Ligament Anchor into the shoulder through the superior lateral portal. The punch is advanced in the superior humerus just lateral to the humeral cartilage. The pilot hole is created using the punch.

**Note:** You can use slotted sleeve also to guide the punch and anchor perfectly.



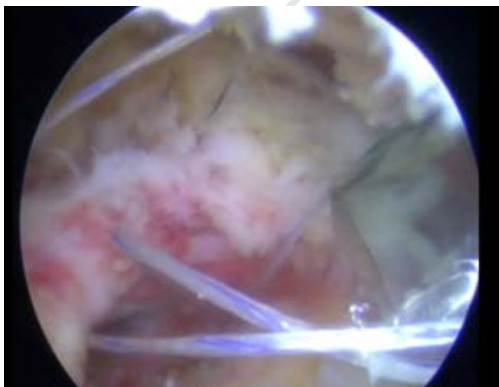
### Step 5

Remove the punch and insert first FIBERKNOT® Soft Ligament Anchor in the same direction of the hole. Tap-in the anchor until the given laser mark. After complete insertion of the anchor, unload the sutures from the handle and remove the inserter by just pulling it. Pull all the sutures together to make a bunch of the anchor beneath the cortex.



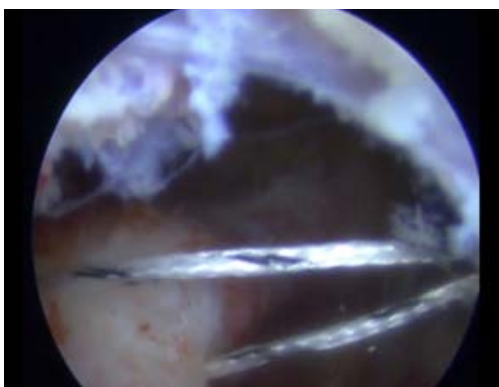
### Step 6

Retrieve all the sutures through an anterior portal until they are ready for passage through the rotator cuff.



### Step 7

Beginning anteriorly, retrieve each colored suture individually and pass it using a SHUTTLE FERRY® II Suture Passer across the entire breadth of the tear. After each pass, sutures are retrieved and brought out through the anterior portal.



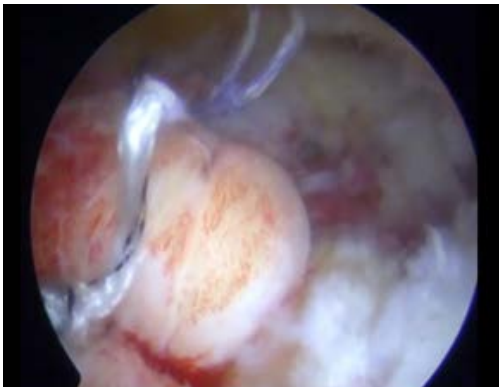
### Step 8

Repeat the steps 4 to 7 and insert the second FIBERKNOT® Soft Ligament Anchor in the posterior medial socket.



### Step 9

Beginning posteriorly, the sutures are then tied individually using arthroscopic knot tying techniques as per the surgeon preference.



### Step 10

Cut off the excess sutures using the suture cutter

## Ordering Information

Catalog No.	Product Description
10031	FIBERKNOT® Soft Ligament Anchor loaded with 2 pc Fiber, Dia. 2.9mm
10059	FIBERKNOT® Soft Ligament Anchor loaded with 3 pc Fiber, Dia. 2.9mm
10032	FIBERKNOT® Soft Ligament Anchor loaded with 1 pc Fiber and 1 pc White- Blue Fiber Tape size 1.4, Dia. 2.9mm
10033	FIBERKNOT® Soft Ligament Anchor loaded with 1 pc Fiber and 1 pc White – Black Fiber Tape size 1.4, Dia. 2.9mm
10034	FIBERKNOT® Soft Ligament Anchor loaded with 2 pc Fiber Tape size 1.4 (White-Blue & Solid Black), Dia. 2.9mm
10035	FIBERKNOT® Soft Ligament Anchor loaded with 2 pc Fiber Tape size 1.4 (White-Black & Solid Blue), Dia. 2.9mm

## Related Instrumentation

Catalog No.	Product Description
10058	Slotted Sleeve for FIBERKNOT® Soft Ligament Anchor, Dia. 2.9mm
10055	Punch for FIBERKNOT® Soft Ligament Anchor, Dia. 2.9mm



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