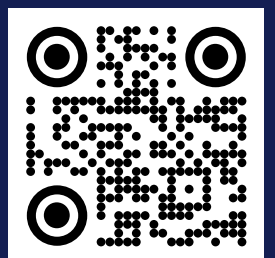




**ARTHROTAK**  
TENDON ANCHOR KIT

## **Arthroscopic Biceps Tenodesis Surgical Technique**

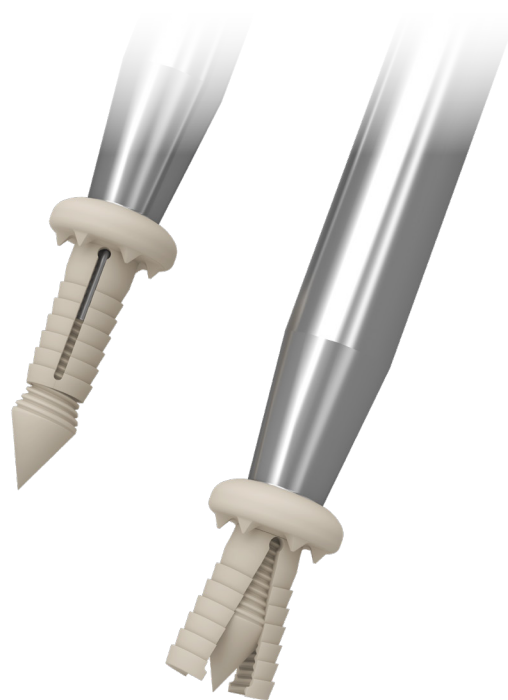
Using the ArthroTAK™  
Tendon Anchor Kit



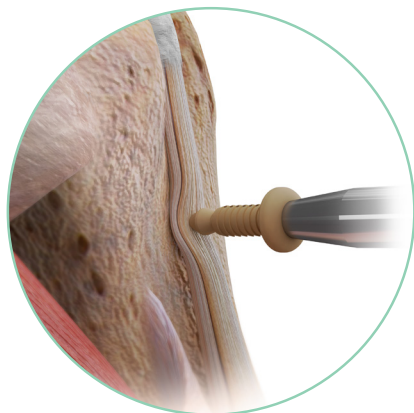
# The ArthroTAK Tendon Anchor Kit is designed for simple, efficient, and reliable fixation for biceps tenodesis in any location.

The system offers the following key advantages:

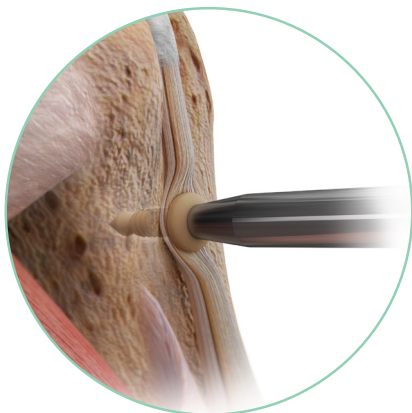
- Single step implant insertion with robust fixation
- Fully disposable, single use kit to help with OR efficiency
- No tendon preparation, suture passing, tying or drilling.



**Drive.**



**Deploy.**



**Done.**



## Patient Positioning & Preparation

- 1 Position the patient in either a beach chair or lateral decubitus position.
- 2 It is recommended to have the elbow in or close to full extension for an anatomically tensioned fixation.

## Surgical Approaches

There are three approaches to utilizing the ArthroTAK implant for biceps tenodesis:

### APPROACH 1: ARTHROSCOPIC SUPRAPECTORAL (SHOWN BELOW)

**STEP 1:** Pierce the biceps tendon with a spinal needle to hold native length-tendon relationship prior to tenotomy off labrum (Figure 1). Then perform biceps tenotomy off the labrum.



FIGURE 1

**STEP 2:** Enter subacromial space, perform standard bursectomy and create a lateral or high posterior-lateral viewing portal (Figure 2). Identify the bicipital groove anteriorly. Use a spinal needle to create a working portal perpendicular to the biceps tendon.

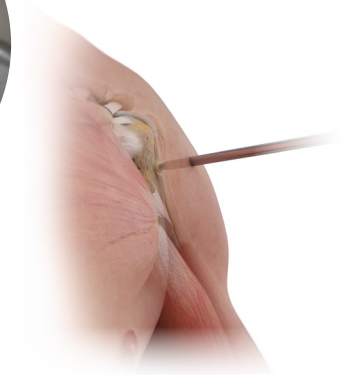


FIGURE 2

**NOTE:** The ArthroTAK is designed to be a successfully deployed percutaneously or with the use of an 8mm or larger cannula.

**STEP 3:** See ArthroTAK implant Insertion and Fixation on Page 4.

### APPROACH 2: ARTHROSCOPIC HIGH GROOVE

**STEP 1:** Leave the long head of the biceps tendon attached to the labrum to preserve the native length-tendon relationship while performing the tenodesis (Figure 3).



FIGURE 3

**STEP 2:** See ArthroTAK implant Insertion and Fixation on Page 4.

### APPROACH 3: OPEN SUBPECTORAL

**STEP 1:** Standard open subpectoral (Figure 4).

**STEP 2:** See ArthroTAK implant Insertion and Fixation on Page 4.

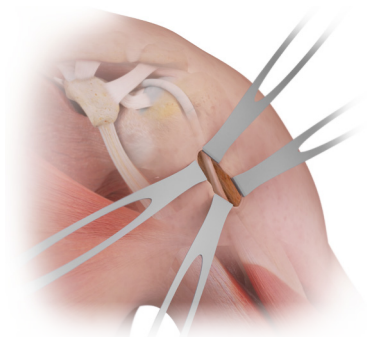


FIGURE 4

## ArthroTAK Implant Insertion & Tendon Fixation

- 1 Align the Implant and Inserter Assembly in the center of the tendon, ensure the implant is perpendicular to bone (Figure 4).
- 2 Use a mallet to drive the assembly into the bone until the head of the implant bottoms out on the tendon (Figure 5). Do this by starting with gentle taps initially and once it perforates through bone, softly push or tap with axial force until the implant head sits flush on tendon.

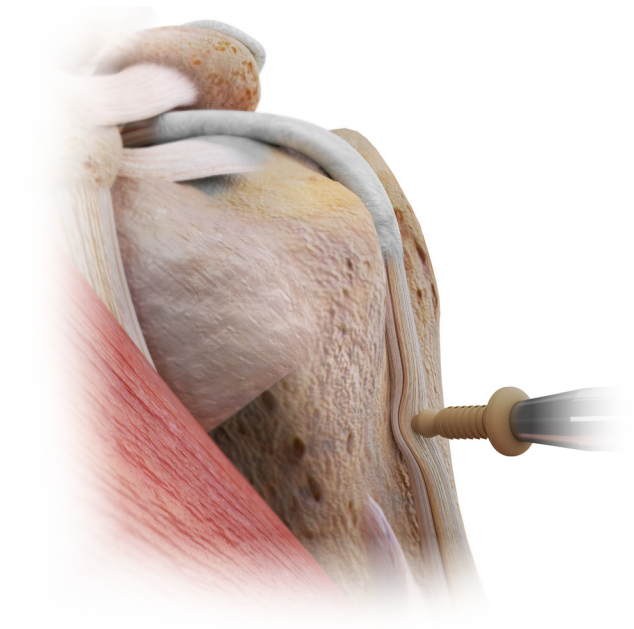


FIGURE 4

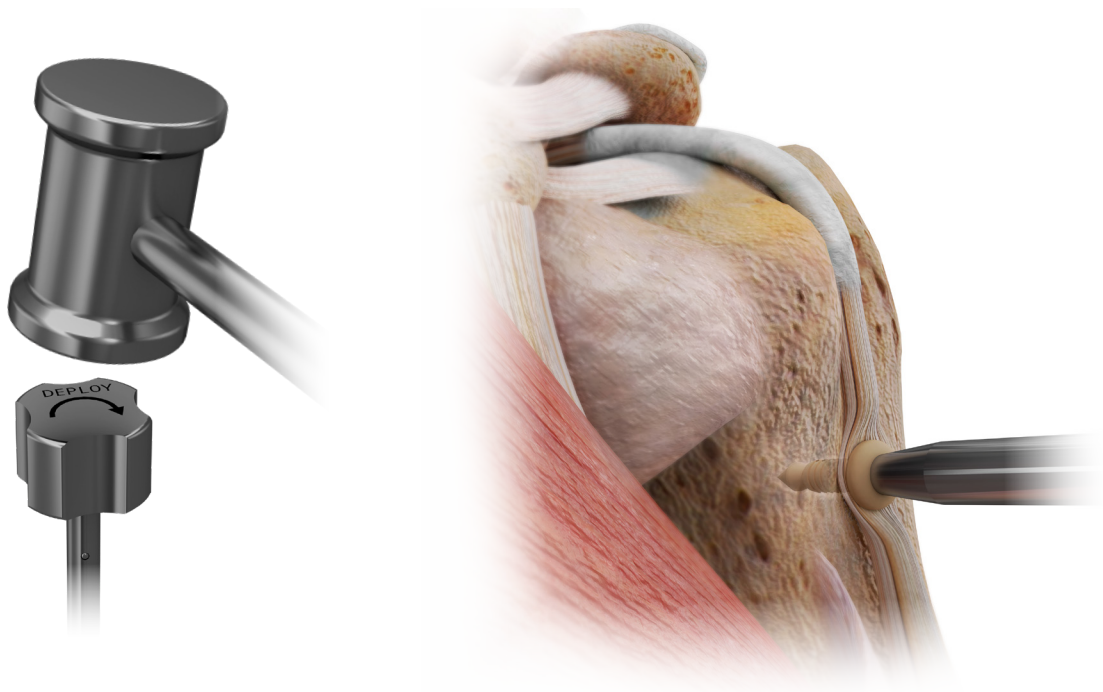


FIGURE 5

## ArthroTAK Implant Insertion & Tendon Fixation (continued)

- 3 Turn the Inserter Knob clockwise until resistance in the Knob indicates the anchor has been fully deployed (Figure 6).

**NOTE:** This does not take excessive force. Turn until two finger tight.

- 4 Hold the Inserter Knob still and rotate the Outer Sleeve of the Inserter clockwise to remove the Inserter Assembly from the implant and out of the wound (Figure 7).

**NOTE:** In case of hard bone (such as open/subspec fixation) use the ArthroTAK Punch to make an initial hole for the implant.

To create hole, simply tap the punch with a mallet until the black line is flush with cortical surface (Figure 8).

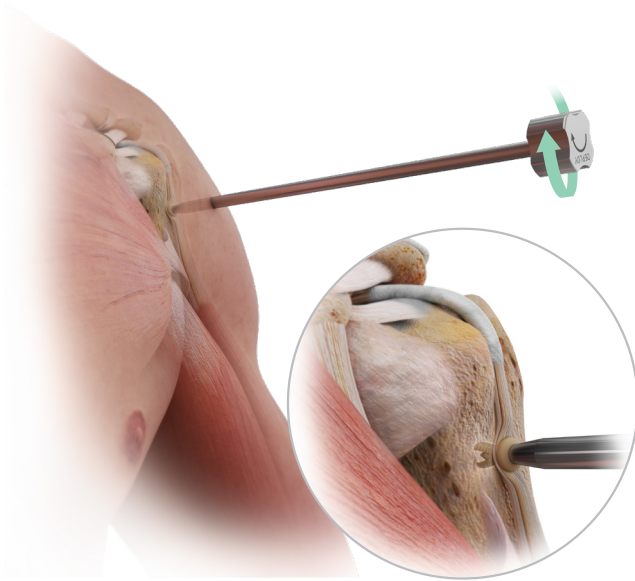


FIGURE 6

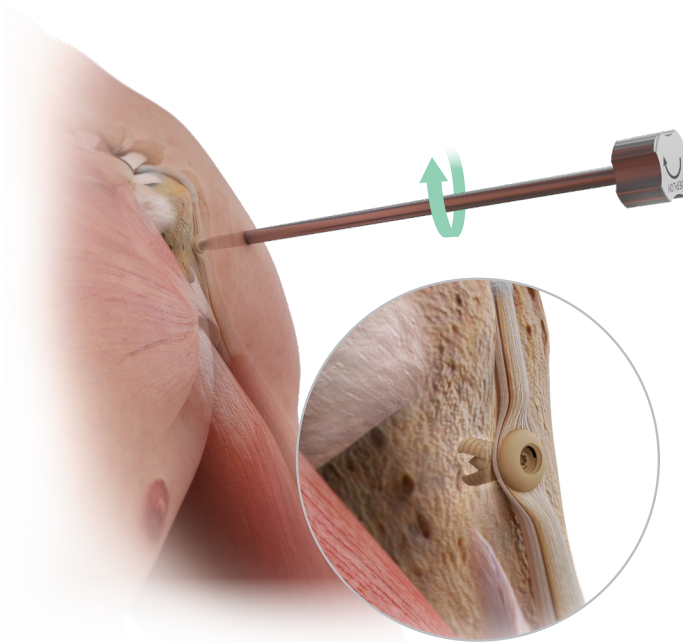


FIGURE 7



FIGURE 8

## Tendon Stump Removal

Use arthroscopic scissors or RF Wand to cut the tendon proximal to the ArthroTAK fixation.

If Arthroscopic suprapectoral, remove the spinal needle holding the tendon stump intraarticular, and remove the tendon with a grasper through your working portal.

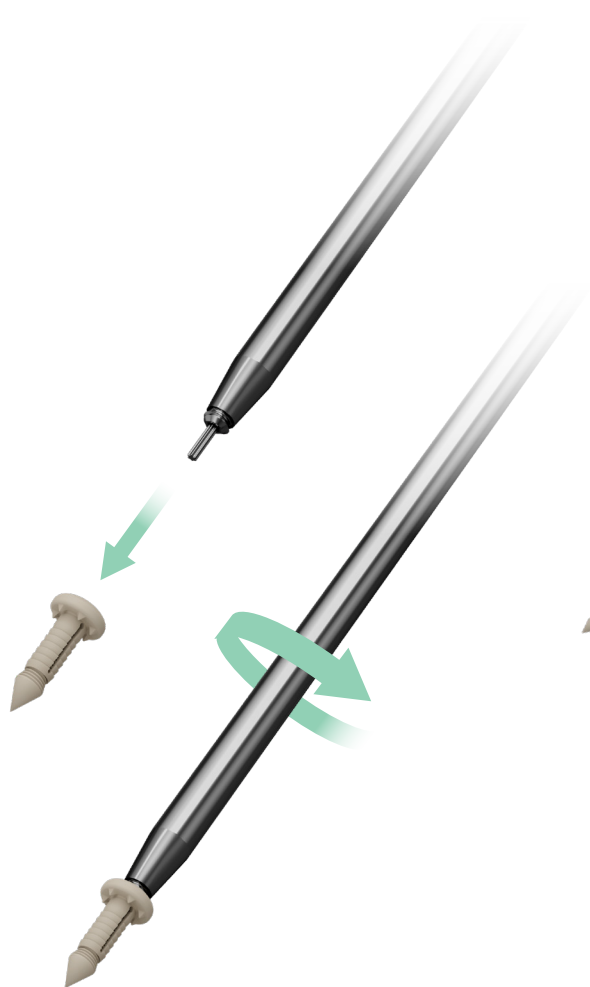


FIGURE 9

## Additional Fixation & Reload Instructions

If additional fixation is required, open an Implant only package. Hold the implant, slide Inserter Driver into Implant assembly (Figure 9). Turn Inserter Outer Sleeve counter-clockwise to engage the thread at the top of the Implant. Do not rotate the Inserter Knob (Figure 10a).

Before installing the implant, gently push down axially on the Inserter Knob to ensure the internal driver is fully engaged with the implant (Figure 10b).

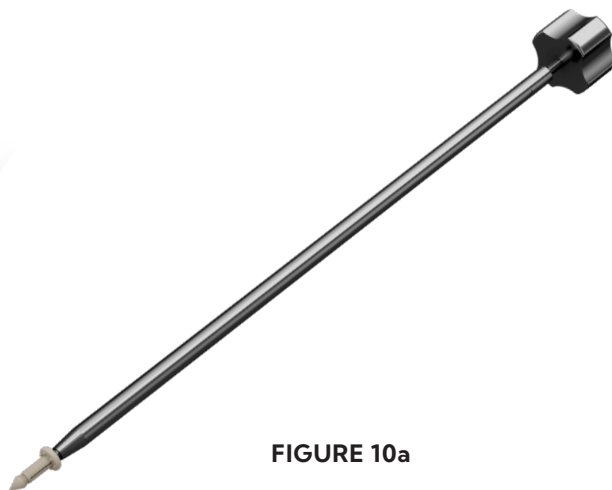


FIGURE 10a

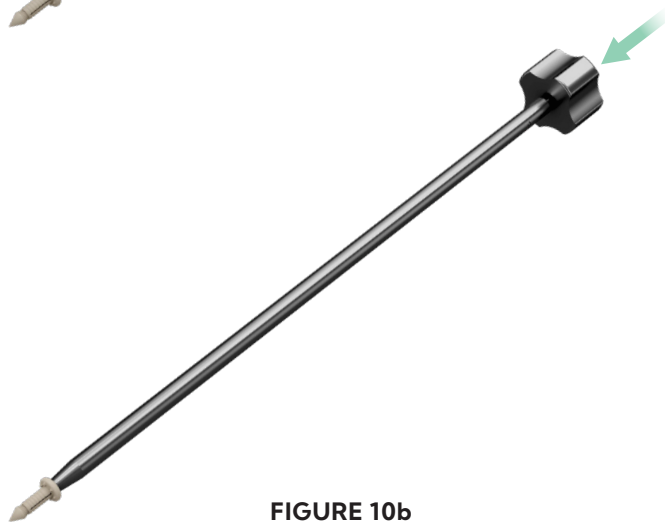


FIGURE 10b

## Postoperative Care & Rehabilitation

Carry out postoperative regimen, per surgeon preference, for Bicep Tenodesis.

## Indications for Use

The ArthroTAK System is indicated for use in soft tissue reattachment procedures in the following shoulder procedures: open and arthroscopic bicep tenodesis.

## Contraindications

1. Infection.
2. Patient conditions including blood supply limitations, obesity, insufficient biceps tendon quality insufficient quantity or quality of bone stock or latent infection.
3. Patients with mental or neurologic conditions who are unwilling or incapable of following post-operative care instructions.
4. Foreign body sensitivity. Where material sensitivity is suspected, testing is to be completed prior to implantation of device.

## ORDERING INFORMATION

PRODUCT	CATALOG #
Inserters and Implant Assembly	AT-01-100
Implant Assembly	AT-01-001
Punch	AT-01-002
Inserters	AT-01-003

