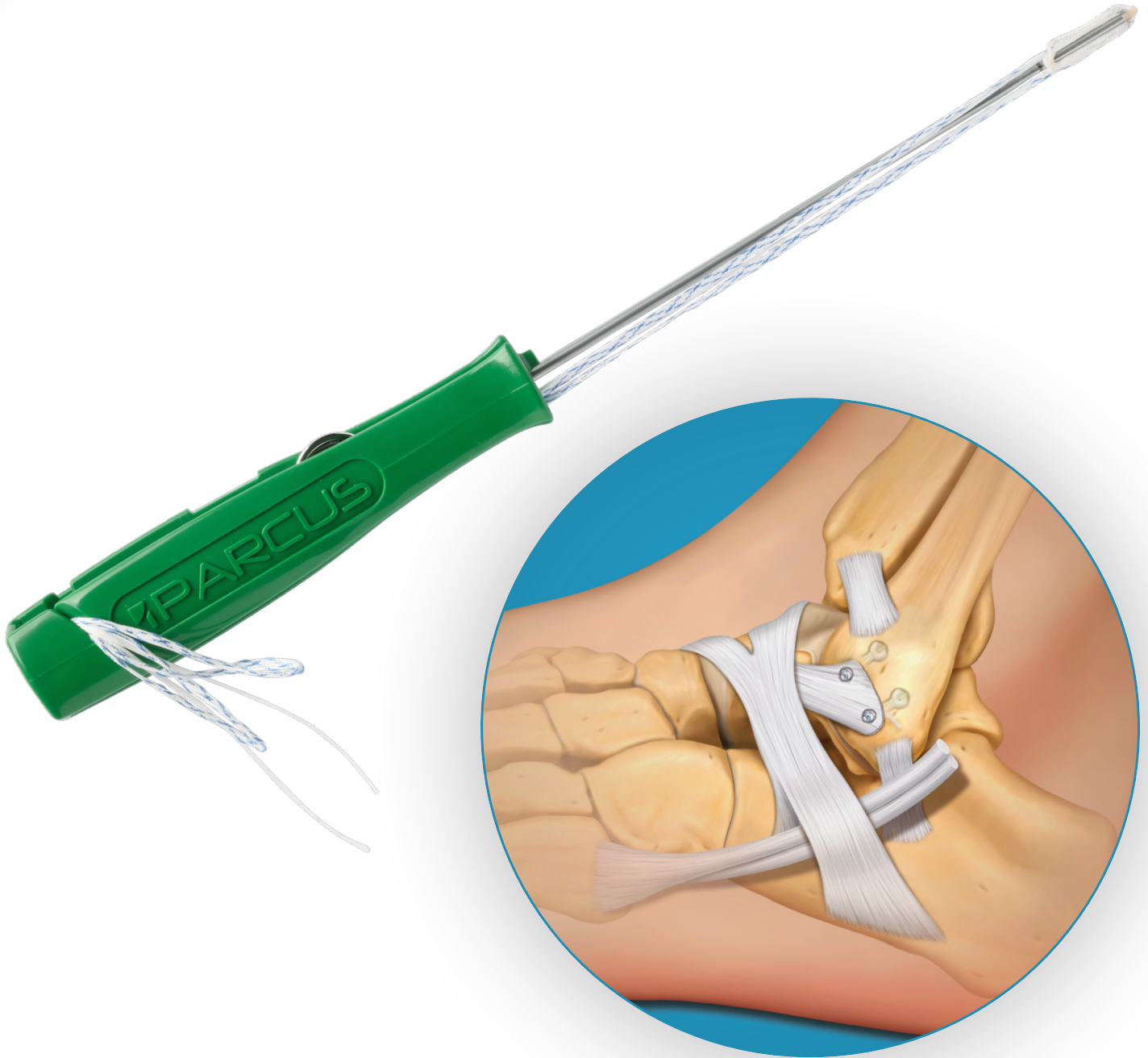


Lateral Ankle Instability Repair

Brostrom Repair using DrawTight™ DEX

Suture-Based Anchors

Surgical Technique Guide



Lateral Ankle Instability Repair

Brostrom Repair using DrawTight DEX Suture-Based Anchors

* Position the patient in a supine position with a bump under the ipsilateral hip. General anesthesia can be used along with a tourniquet. If arthroscopy is indicated prior to the open repair, take care to protect the branches of the superficial peroneal nerve with the development and use of the lateral portal. Examine and identify any intra-articular pathology that needs to be addressed prior to proceeding with the open portion of the case.



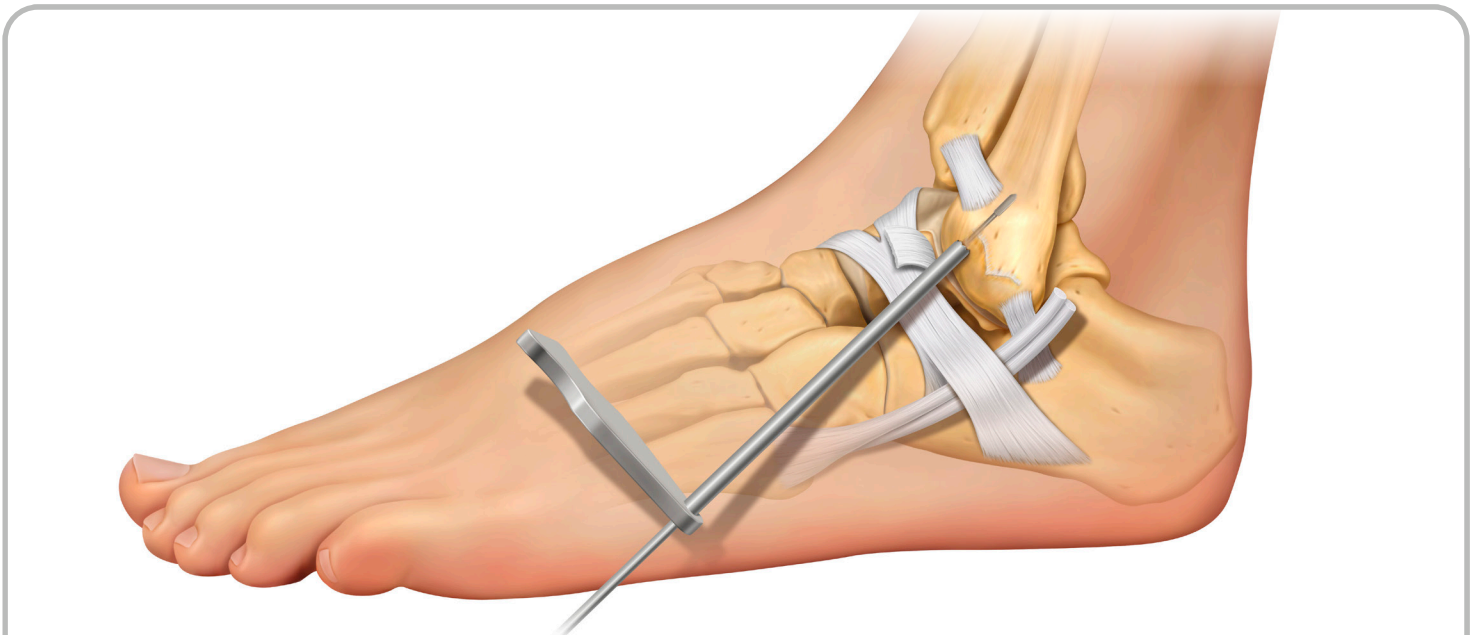
step
1

Make a curvilinear extensile approach centered over the tip of the distal fibula. Although the approach to the lateral ankle is largely through an internervous plane, be mindful of low lying sensory branches of the peroneal nerve and protect with retractors accordingly.



step
2

Detach the anterior talofibular ligament (ATFL) footprint from the fibula through sharp dissection. Use a rongeur to decorticate the surrounding bone to promote healing.

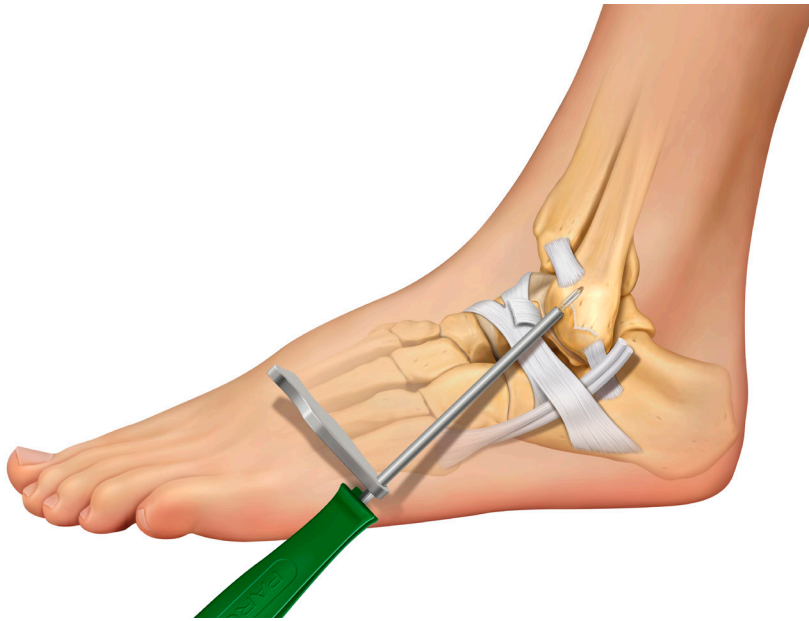


step
3

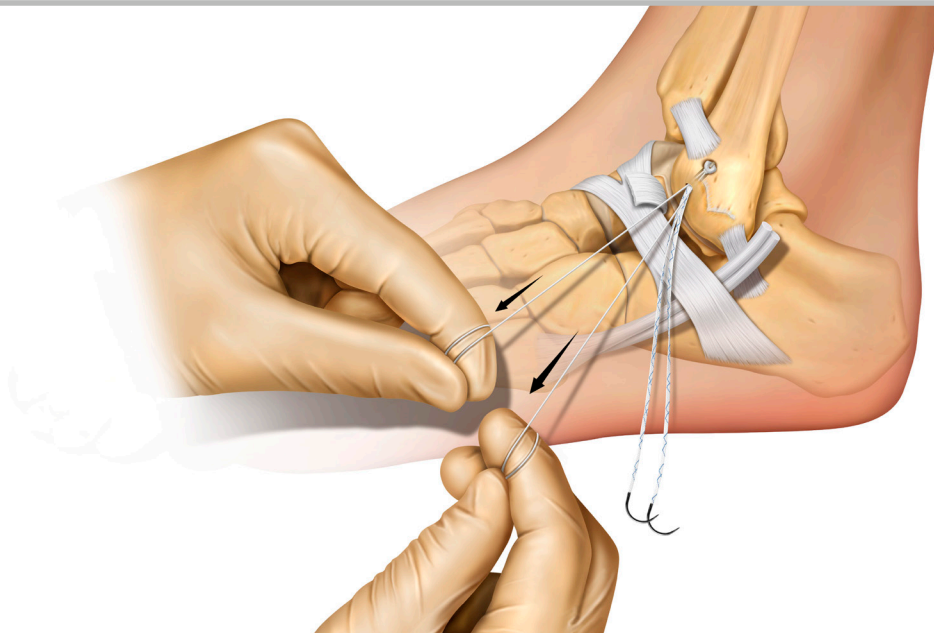
Drill the distal fibula using the beaver tail handle drill guide (10823) and the 1.8mm drill bit (10873U). Consideration should be given to the angle of the drill. The drill should be directed anterior to posterior and slightly lateral to avoid penetrating the medial cortex or violating the inner joint space. Advance the drill bit until the positive stop contacts the drill guide handle.

Lateral Ankle Instability Repair

Brostrom Repair using DrawTight DEX Suture-Based Anchors



step 4 Leave the drill guide in place and insert the 1.8mm DrawTight DEX (11034) Suture-Based Anchor through the drill guide into the prepared hole in the distal fibula. Mallet the suture anchor through the drill guide to the positive stop on the implant handle. Release the sutures and needles, freeing them from the implant handle.



step 5 The drill guide and implant handle may be removed. Identify the all-white sutures. Deploy the implant by pulling one of the white sutures until solid resistance is felt. Pull the second white suture in the same fashion to secure the anchor in bone for initial deployment. Following deployment, drop the white sutures and pull the blue and white striped sliding sutures to confirm fixation. Alternatively, the implant handle may be left in the socket (after the sutures and needles have been freed from the handle). The all-white sutures are pulled one at a time until solid resistance to the movement of the suture is felt. Then the blue and white striped sliding sutures may be pulled to confirm implant fixation.

Lateral Ankle Instability Repair

Brostrom Repair using DrawTight DEX Suture-Based Anchors



step
6

Repeat steps 3-5 to insert a second 1.8mm DrawTight DEX (11034) Suture-Based Anchor to repair the inferior aspect of the ATFL capsuloligamentous complex. Alternatively, this anchor can also be placed further inferior on the tip of the fibula to perform a direct repair of the calcaneofibular ligament (CFL) if indicated.



step
7

Pass the white/blue Parcus Braid® suture tape with needles from each suture anchor through the ATFL/ ankle joint capsule. Placing the leg on a bump to leave the heel free and avoid anterior translation of the ankle joint, hold the ankle in slight dorsiflexion and maximal eversion and tie the sutures firmly against the fibula.

Alternative Implant Options:

3.2MM DRAWTIGHT

The 3.2mm DrawTight (11288 or 11289) may be used instead of the 1.8mm DrawTight DEX. Use associated drill (10505U) and drill guide (10823) to prepare bone for 3.2mm implant. (Free needle is required for the 3.2mm DrawTight implant.)

3.5MM PEEK CF PUSH-IN ANCHOR W/NEEDLES

Alternatively, the 3.5mm PEEK CF Push-In Anchor w/Needles (10407) may be used in place of the 1.8mm DrawTight DEX. The following steps may be performed to incorporate the 3.5mm PEEK CF implant into the technique.

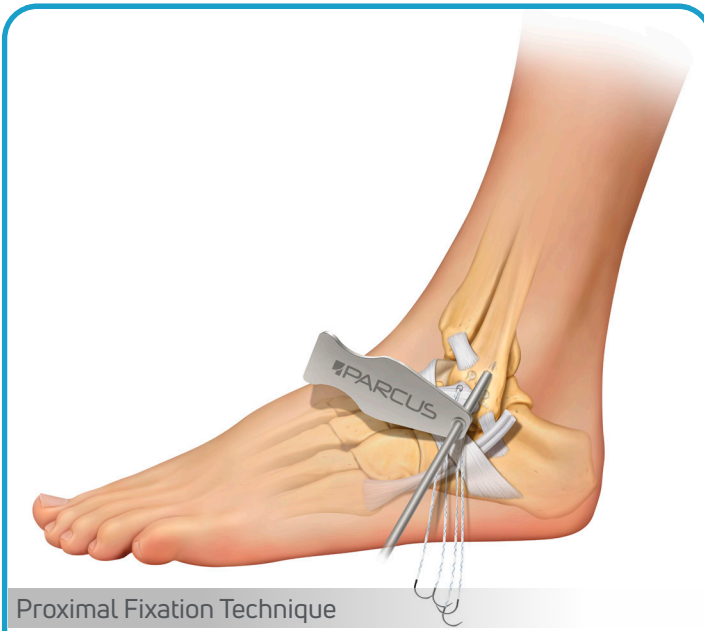
Use the 3mm drill with positive stop (10482U) and 8-point drill guide with beaver tail handle (10823) to prepare the distal fibula for a 3.5mm PEEK CF Push-In Anchor with two #2 Parcus Braid w/Needles (10407). Insert the 3.5mm PEEK CF Push-In Anchor.

Lateral Ankle Instability Repair

Brostrom Repair using DrawTight DEX Suture-Based Anchors and Knotless PEEK CF Anchor

OPTIONAL PROXIMAL FIXATION:

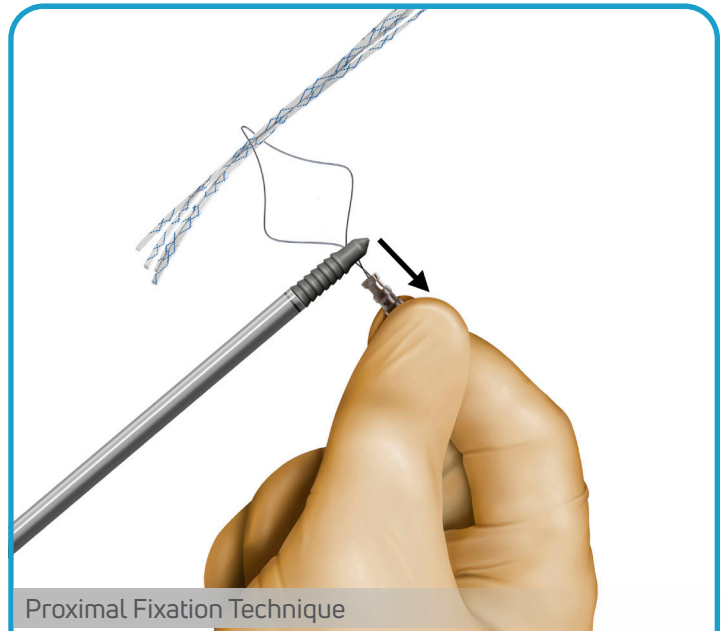
*A suture bridge construct with use of knotless anchor(s) may be incorporated to further strengthen the repair construct, optimize tissue to bone surface area contact and healing, and minimize any prominence of knots.



Proximal Fixation Technique

step
1

For proximal fixation, a 3.5mm Knotless PEEK CF anchor (10994) may be used to provide additional fixation in combination with the suture anchors. Drill the proximal hole into the fibula using the beaver tail handle drill guide (10823) and the 3mm drill bit with positive stop (10482U) to prepare the hole for the Knotless anchor.



Proximal Fixation Technique

step
2

Cut needles off remaining suture tails. Take each suture tail from the superior and inferior anchors and using the suture threader, pass tails through the eyelet of the Knotless PEEK CF anchor.



Proximal Fixation Technique

step
3

Hold the ankle in slight dorsiflexion and maximal eversion to tension the suture tapes and insert the Knotless PEEK CF anchor into the prepared anterior proximal fibula hole.



Proximal Fixation Technique

step
4

Cut remaining suture tape tails flush to the Knotless anchor to complete the ATFL repair construct.

Alternatively, two 2.8mm Knotless PEEK CF anchors (10312) may be used for a proximal double row configuration using the beaver tail handle drill guide (10823) and the 2.8mm drill bit with positive stop (10874U) to prepare two holes proximal to the DrawTight anchors.

In this configuration, take one suture tail from each DrawTight anchor, passing the tails through the eyelet of the 2.8mm Knotless PEEK CF anchor using the suture threader. Perform this same step for the corresponding 2.8mm Knotless anchor to create a bridging construct.

DrawTight *Suture-Based Anchors*



DrawTight Suture-Based Anchors are recommended for use in both large and small-joint repairs. Made with UHMWPE and PEEK-OPTIMA® Natural power tip.

Features & Benefits

Small insertion footprint & sub-cortical fixation

- Bone sparing

Deployment sutures

- Tactile confirmation the anchor has been successfully deployed

PEEK power tip

- Delivers improved insertion and a solid core for stronger fixation

DrawTight DEX Suture-Based Anchors

Part #	Diameter (mm)	Description	Material
11034	1.8	DrawTight DEX, push-in, suture anchor, w/1, 1.6mm suture tape (wht/blu), w/needles (MO-6)	UHMWPE & PEEK

Instrumentation for DrawTight DEX Suture-Based Anchors

Part #	Diameter (mm)	Description	Sterile/ Non-sterile	Single-use/ Reusable
10873U	1.8	1.8 DrawTight, drill bit, w/positive stop	Non-sterile	Reusable
10823	-	8-point slotted drill guide, w/beaver tail handle	Non-sterile	Reusable



Knotless PEEK CF *Push-In Suture Anchor*



Features & Benefits

Made of carbon fiber-reinforced PEEK-OPTIMA

- Non-absorbable, radiolucent, and MR safe
- Modulus of elasticity closely matching cortical bone

Knotless

- Provides a step-saving alternative to conventional "knotted" suture anchors
- Eliminates "knot stacks" associated with soft tissue irritation

Knotless PEEK CF Push-In Suture Anchors

Part #	Diameter (mm)	Length (mm)	Description	Material
10994	3.5	10	35 Knotless, push-in, suture anchor, w/suture passer	PEEK CF
10312	2.8	10	28 Knotless, push-in, suture anchor, w/suture passer	PEEK CF
10313	3.5	10	35 Knotless, push-in, suture anchor (implant only, driver not included), w/suture passer	PEEK CF

Instrumentation for Knotless PEEK CF Push-In Suture Anchors

Part #	Diameter (mm)	Description	Sterile/ Non-sterile	Single-use/ Reusable
10483	-	35 Knotless suture anchor driver*	Non-sterile	Reusable
10482U	3	Drill bit, w/positive stop	Non-sterile	Reusable
10823	-	8-point slotted drill guide, w/beaver tail handle	Non-sterile	Reusable
10874U	2.8	28 Knotless drill bit, w/positive stop	Non-sterile	Reusable

*Required for implant 10313. Implant 10994 includes a driver.



Twist SST *PEEK Screw-In Suture Anchor*

Twist PEEK Screw-In Suture Anchors are recommended for use in both large and small-joint repairs.

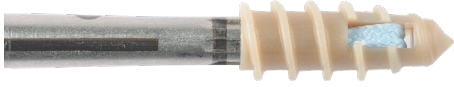
Features & Benefits

Fully-threaded design

- Optimal cortical fixation
- Reduces the risk of “pull-back”

Made of PEEK-OPTIMA Natural

- Non-absorbable
- Bio-inert*
- Radiolucent
- MR safe



Twist SST PEEK Screw-In Suture Anchors w/One Static 2mm Suture Tape

Part #	Diameter (mm)	Description	Material
11349	4.5	Twist SST, screw-in, suture anchor, w/1 static 2mm suture tape (blu)	PEEK
11350	4.5	Twist SST, screw-in, suture anchor, w/1 static 2mm suture tape (blk)	PEEK
11351	5.5	Twist SST, screw-in, suture anchor, w/1 static 2mm suture tape (blu)	PEEK
11352	5.5	Twist SST, screw-in, suture anchor, w/1 static 2mm suture tape (blk)	PEEK

Parcus Braid Infinity Loop

Part #	Size	Description	Material
20056S	#2	Parcus Braid, infinity loop (wht/blu), w/needle	UHMWPE
20174S	1.6mm	Parcus Braid, suture tape infinity loop (wht/blu) w/needle	UHMWPE

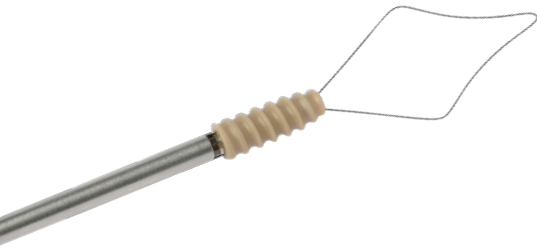
Twist SST PEEK Screw-In Suture Anchors Instrumentation

Part #	Description	Sterility	Single-use/ Reusable
11000U	4.0mm Drill (for use with Twist SST and Knotless DEX Anchors)	Non-Sterile	Reusable
11241	4.0 x 100mm drill guide, 6-point	Non-Sterile	Reusable
10365	3.2mm Awl (for use with 4.5mm Twist SST Anchor)	Non-Sterile	Reusable
10338	4.1mm Awl (for use with 4.5mm, 5.5mm and 6.5mm Twist SST Anchors)	Non-Sterile	Reusable
10609	Punch/tap for 4.5mm Twist SST Anchor	Non-Sterile	Reusable
10277	Punch/tap for 5.5mm or 6.5mm Twist SST Anchors	Non-Sterile	Reusable
10222	Punch/tap for 5.5mm or 6.5mm Twist SST Anchors, hudson	Non-Sterile	Reusable



*"Bio-inert to reduce the possible risk of patient reaction." <https://invbio.com/ortho/shoulder-arthroscopy>

Twist Knotless DEX *Screw-In Suture Anchors*



Twist Knotless DEX was designed to be extremely reliable and strong. The fully threaded screw-in knotless anchor is ideally suited for Achilles repair.

Features & Benefits

Knotless

- Provides a step-saving alternative to conventional “knotted” suture anchors
- Eliminates “knot stacks” associated with soft tissue irritation

Fully threaded design

- Provides cortical fixation
- Reduces the risk of “pull-back”

Made of PEEK-OPTIMA Natural

- Non-absorbable
- Bio-inert
- Radiolucent
- MR safe

Twist Knotless DEX			
Part #	Diameter (mm)	Description	Material
11259	4.75	Twist Knotless DEX, screw-in, suture anchor, w/suture passer	PEEK
11260	5.5	Twist Knotless DEX, screw-in, suture anchor, w/suture passer	PEEK

Twist Knotless DEX Instrumentation			
Part #	Description	Sterility	Single-use/ Reusable
11000U	4.0mm Drill (for use with Twist SST and Knotless DEX Anchors)	Non-Sterile	Reusable
11241	4.0 x 100mm drill guide, 6-point	Non-Sterile	Reusable
10338	4.1mm Awl (for use with Twist Knotless DEX Suture Anchors)	Non-Sterile	Reusable
11139	Punch/tap for 4.75mm Twist Knotless DEX	Non-Sterile	Reusable



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