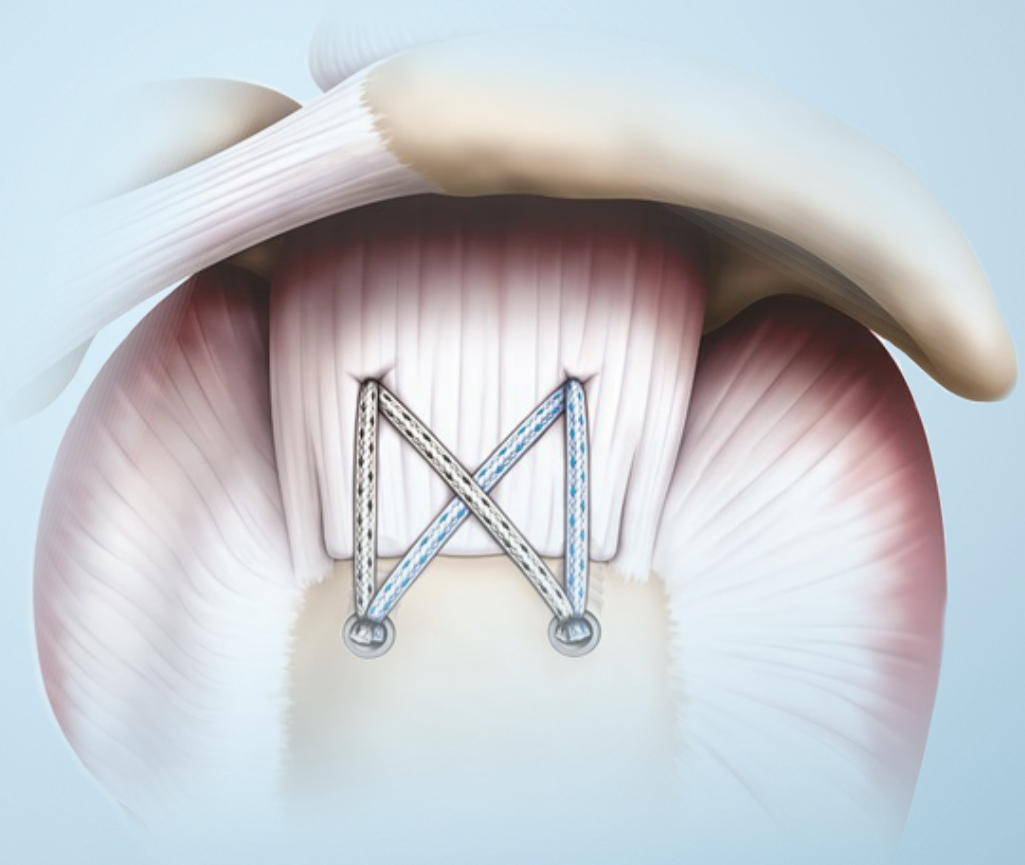
ConMed

CuffLink™ Double Row Repair

Surgical Technique Guide featuring Argo Knotless™ & Y-Knot® PRO RC



Take the Guessing Out of Tensioning

Take Control of Your Repair

CONMED
SURGICAL
TECHNIQUE

Technique Preface

Many techniques have been recommended for performing rotator cuff repairs on large multitendon tears. Patients anticipate a 90% clinical improvement, but tendon healing has not equated subjective results historically. Double row repairs have improved tendon healing rates, which may impact strength and function.[1] Continuing the evolution, knotless techniques were developed to provide double row stability, while minimizing prominent knots. However, not all knotless anchors are created equal. Several leave a gap related to tension-setting during the repair. Many surgeons note the importance of ensuring appropriate fixation, while avoiding over tensioning and tissue strangulation.

Argo Knotless™ Suture Anchors were developed with Smart Tension Technology*, eliminating the risk of over-constrained tissue and maximizing surgeon control. When paired with Y-Knot® PRO RC self-punching anchors, a simple, reproducible technique can be achieved.

Technique featured by

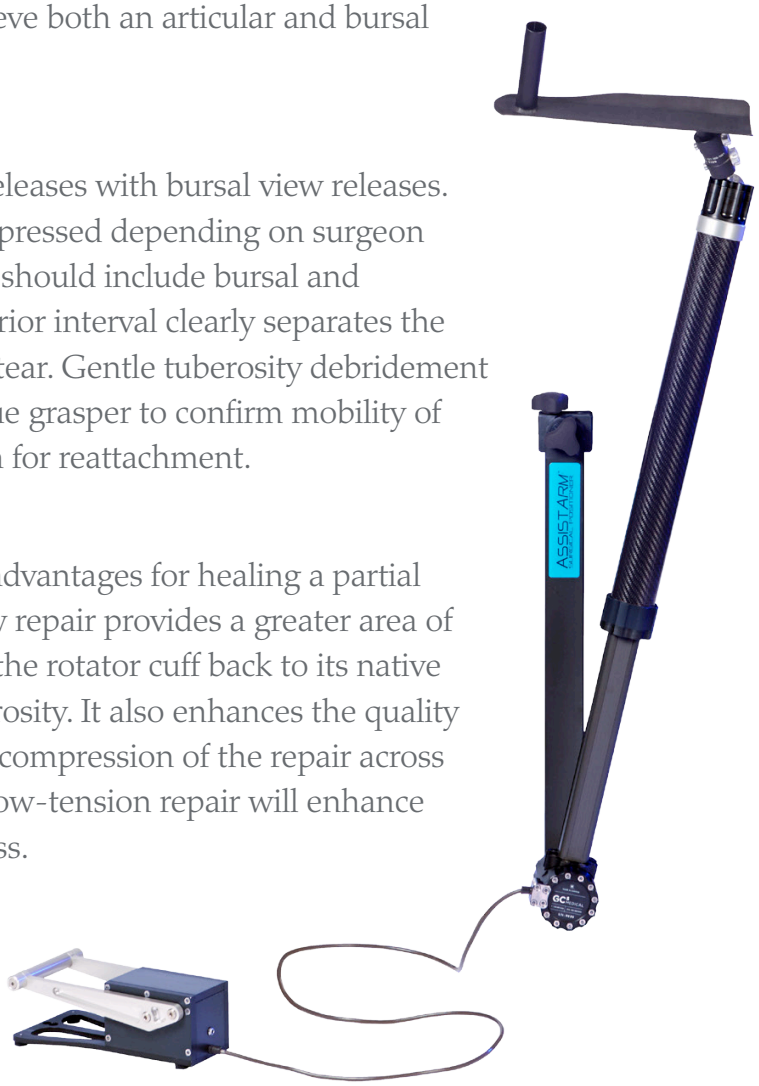
Dr. Jeffery Abrams**
Chief of Shoulder Surgery
Princeton Orthopaedic Associates

1 Noticewala, Manish S. MD; Ahmad, Christopher S. MD Double-row Rotator Cuff Repair, Techniques in Shoulder & Elbow Surgery: March 2015 - Volume 16 - Issue 1 - p 6-9 doi: 10.1097/BTE.0000000000000038

*Patent Pending ** Paid CONMED Consultant

Surgical Planning and Considerations:

- **Preoperative Planning:**
  Complete a soft tissue assessment prior to surgery using MRI (optional).
- **Patient Positioning:**
  Can be performed in beach chair or lateral decubitus, with both operative positions able to be accomplished using the AssistArm® Surgical Positioner.
- **Diagnostic Arthroscopy:**
  Perform a diagnostic arthroscopy to achieve both an articular and bursal view of torn rotator cuff.
- **Cuff Tear Mobilization:**
  This should combine articular capsular releases with bursal view releases. The acromion can be debrided or decompressed depending on surgeon preference. The anterior interval releases should include bursal and coracohumeral capsular ligaments. Posterior interval clearly separates the deltoid from the posterior margin of the tear. Gentle tuberosity debridement can remove devitalized tissue. Use a tissue grasper to confirm mobility of the tear margins and anticipated location for reattachment.
- **Additional Considerations:**
  Using a double row technique provides advantages for healing a partial or massive rotator cuff tear. A double row repair provides a greater area of compression to bone interface to secure the rotator cuff back to its native anatomical footprint on the greater tuberosity. It also enhances the quality of a low-tension repair by spreading the compression of the repair across additional points of fixation. Creating a low-tension repair will enhance blood flow and the overall healing process.



ASSISTARM®
SURGICAL POSITIONER

Surgical Technique

STEP 1: MEDIAL ROW ANCHOR INSERTION - CONMED Y-KNOT® PRO RC

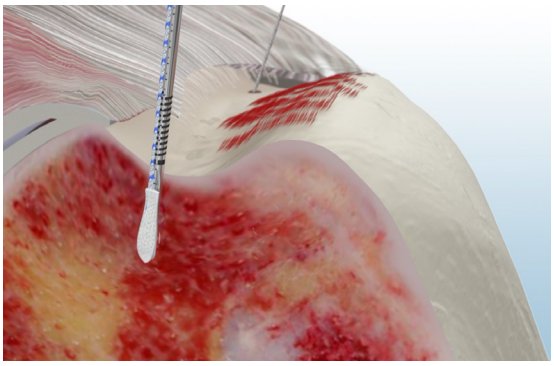
A **Position your first anchor.**

B **The distal tip of the anchor driver features laser line markings for insertion guidance.** Utilizing the Y-Knot® PRO RC self-punching tip, mallet the proximal end of the anchor driver until the most distal laser line falls below the cortical layer.

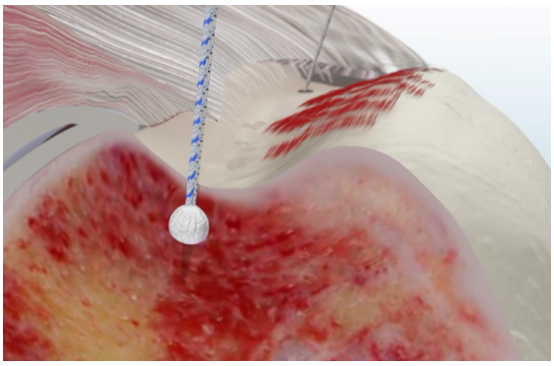
NOTE:
In soft bone scenarios, continue to mallet until the most proximal laser line on the driver reaches bone.

C **Y-Knot® PRO anchors feature cleatless technology, eliminating the need to uncleat sutures from the device.** To remove the anchor driver from bone and uncleat the sutures, pull the anchor driver straight back with one swift motion.

Y-KNOT® PRO RC
SUTURE ANCHOR



D **Pull the suture tails** using gentle, steady force to complete anchor deployment subcortically, achieving 360° FormFit™ fixation.



E **Repeat steps 1b – 1d** for the second medial row anchor.

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STEP 2: SUTURE PASSING

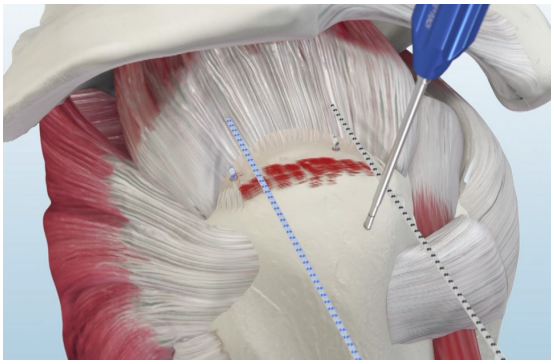
A

Use the Spectrum® AutoPass™ Suture Passer to pass sutures through the cuff tissue.

PRODUCT TIP:
The **back** trigger of the Spectrum® AutoPass™ Suture Passer opens and closes the jaws, the **front** trigger self-captures and advances the disposable nitinol needle. Avoid clamping the jaw shut with nothing in its grasp.

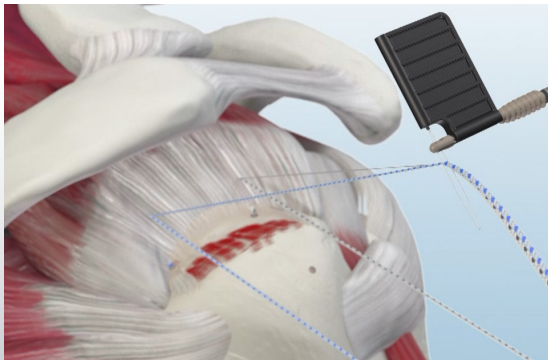
SPECTRUM® AUTOPASS™
SUTURE PASSER

STEP 3: LATERAL ROW ANCHOR INSERTION – ARGO KNOTLESS™ SUTURE ANCHOR



A Introduce the Argo Knotless™ Disposable Broaching Punch through the lateral working cannula to create a pilot hole. Always ensure you punch until the laser line encounters the cortical layer.

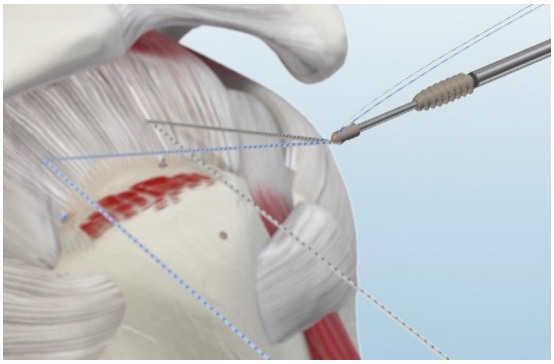
Want to skip this step in your technique? Utilize our self-punching configuration.



B Insert desired suture tails from each Y-Knot® PRO RC anchor through the eyelet of the Argo Knotless™ Suture Anchor.

PRODUCT TIP:
The extended Argo Knotless™ suture eyelet can easily accommodate one of the following:

- Two CONMED Hi-Fi® Tapes and Two #2 Hi-Fi® suture limbs
- Six limbs of Hi-Fi® Ribbon
- Six limbs of #2 Hi-Fi® Sutures



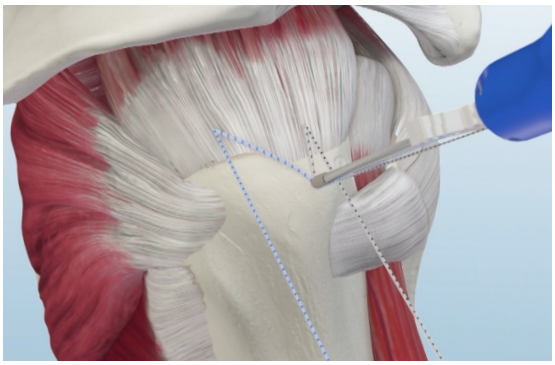
C Pull the black threader tab proximally to capture and load sutures into the knotless anchor.

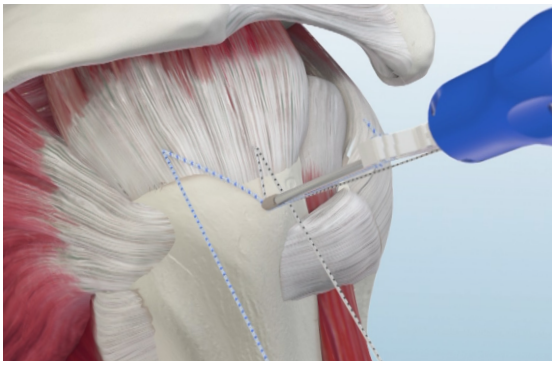
D Using the Argo Knotless™ extended suture eyelet, locate your pilot hole.

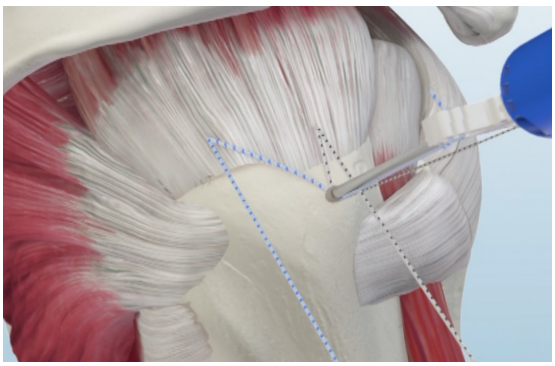
ARGO KNOTLESS™
SELF-PUNCHING SUTURE ANCHOR

STEP 3: (CONTINUED)

LATERAL ROW ANCHOR INSERTION – ARGO KNOTLESS™ SUTURE ANCHOR







E

Argo Knotless™ Suture Anchors feature *Smart Tension Technology*. This allows you to establish desired tension before engaging the anchor.

Stabilize your anchor in the hole with counter pressure. Then, pull each suture limb individually until desired tension is achieved and secure onto the white cleat. This will ensure consistent tension during anchor insertion.

PRODUCT TIP:
Before you engage the threads of Argo Knotless™ in bone, apply counter pressure to the blue handle to ensure precise tension is achieved.

F

To insert Argo Knotless™, **hold the white suture cleat stationary while turning the blue handle clockwise** until the proximal laser line on the distal driver tip is flush with the outer cortex.

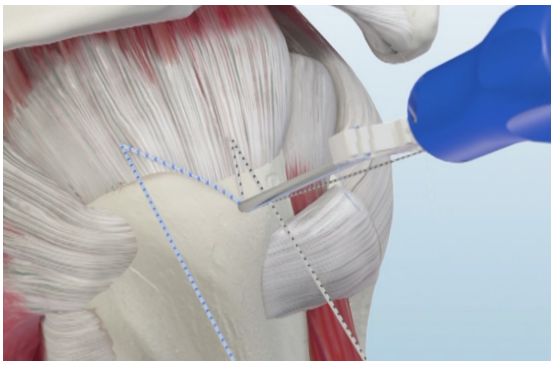
PRODUCT TIP:
Ensure the palm of your hand does not press the white *Quick Release Driver* Button on the blue handle during anchor insertion.

CLINICAL TIP:
Ensure the anchor is fully inserted by referencing the laser line. Do not leave anchor sitting proud.

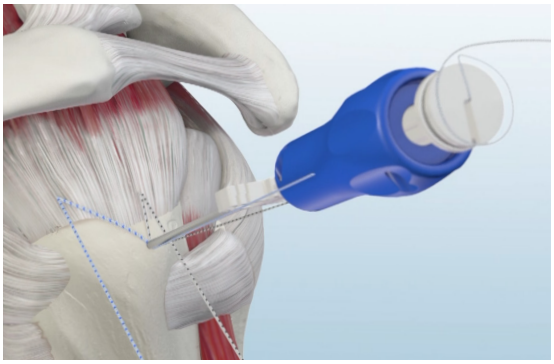
IMPORTANT:
DO NOT MALLET TO SEAT YOUR ARGO KNOTLESS™ ANCHOR

ARGO KNOTLESS™
SUTURE ANCHOR

STEP 4: DISENGAGING THE ARGO KNOTLESS™ DRIVER

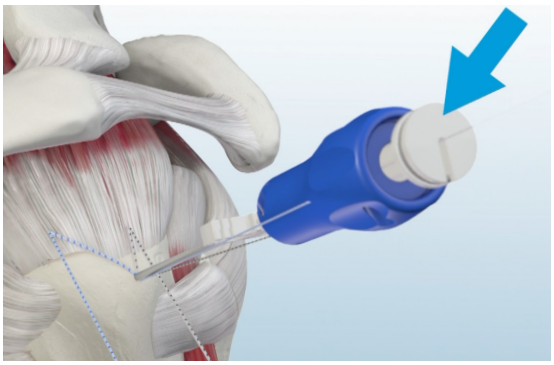


A Once anchor insertion is complete, uncleat the Y-Knot® PRO RC sutures from the white suture cleat.



B Uncleat the 1mm Hi-Fi® Retention Ribbon on the back of the blue handle.

PRODUCT TIP:
This can be used in your repair or cut with the repair.



C Disengage the driver handle by pressing the white *Quick Release Driver* button on the blue handle. This will withdraw the driver from the anchor so you can easily remove the driver from the bone.

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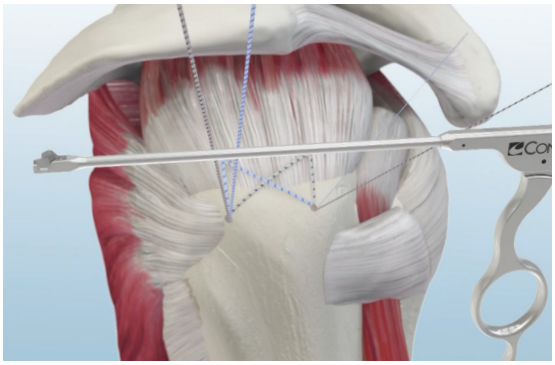
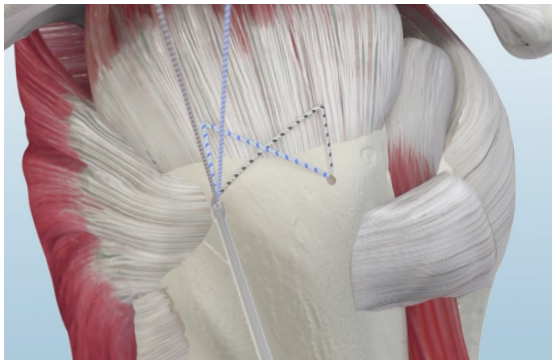
STEP 10:

To cut your suture tails and complete your repair, utilize the Katana™ Flush Cutter, leaving no suture tails behind.





“The Argo Knotless™ Suture Anchor system allows for controlled anchor placement for lateral suture fixation while ensuring the ability to control suture tension and provide reliable fixation. The knotless technology improves tissue localization with avoidance of potential scar tissue adherence. This is beneficial to the patient’s recovery and potential issues with revision surgery.”

- Dr. Jeffrey Abrams, Princeton Orthopaedic Associates

CONMED SURGICAL TECHNIQUE

ORDERING INFORMATION

To order any of our Argo Knotless™ and Y-Knot® PRO products contact your local CONMED representative.

Description	Catalog Number
Argo Knotless™ Suture Anchor System	
4.75mm Argo Knotless™ Anchor with 1mm Hi-Fi® Ribbon	K475
5.5mm Argo Knotless™ Anchor with 1mm Hi-Fi® Ribbon	K55
4.75/5.5mm Argo Knotless™ Disposable Broaching Punch	K4755DBP
4.75/5.5mm Argo Knotless™ Reusable Broaching Punch	K4755RBP
4.75/5.5mm Argo Knotless™ Disposable Drill Bit	K4755D
4.75mm Argo Knotless™ SP Anchor with 1mm Hi-Fi® Ribbon	SPK475
5.5mm Argo Knotless™ SP Anchor with 1mm Hi-Fi® Ribbon	SPK55

Scan to learn more about the Argo Knotless™ System

Y-Knot® PRO RC All-Suture Anchor System	
Y-Knot® PRO RC Anchor, 2mm Hi-Fi® Tape (White/Black)	YPRCTW
Y-Knot® PRO RC Anchor, 2mm Hi-Fi® Tape (Blue/Blue)	YPRCTB
Y-Knot® PRO RC Anchor, two Ribbons	YPRC02R
Y-Knot® PRO RC Anchor, three Ribbons	YPRC03R
Y-Knot® RC Disposable Broaching Punch, 2.8mm	Y-DBP28
Y-Knot® RC Broaching Punch, 2.8mm	Y-BP28

Scan here to view our full Y-Knot® PRO offering

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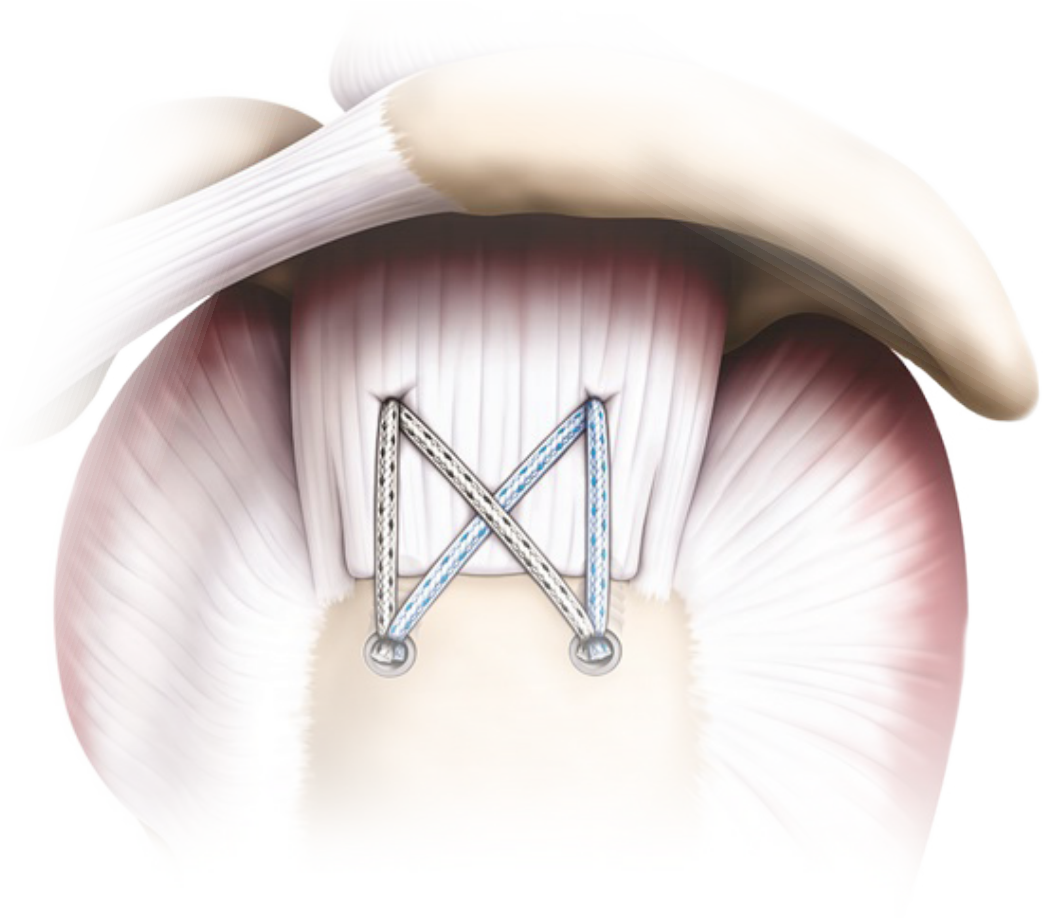

Don't Predict Your Tension. Control It.

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CuffLink™

Double Row Repair

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