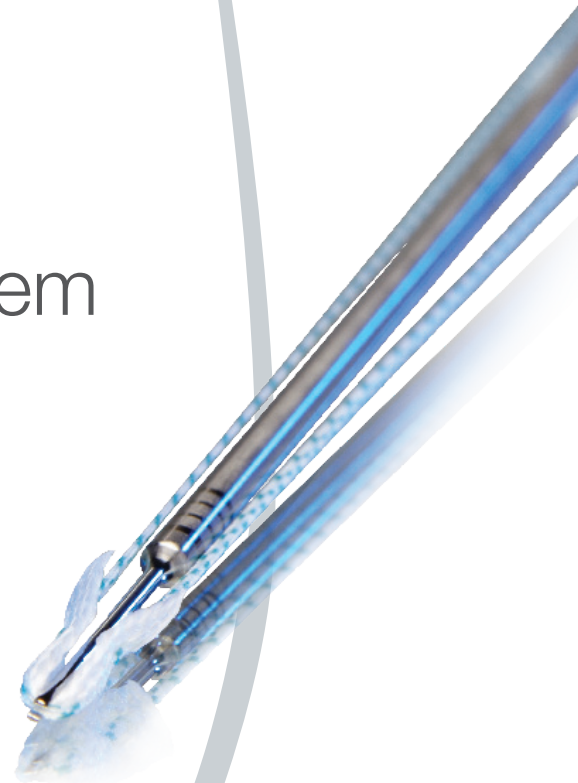
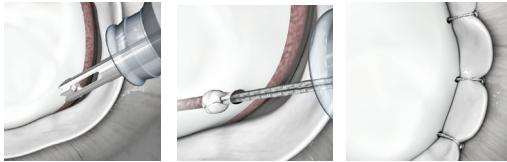




Shoulder Restoration System

Arthroscopic Bankart Repair using
the Y-Knot™ 1.3mm All-Suture Anchor

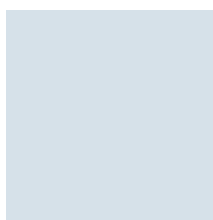


COMMITTED TO INNOVATION

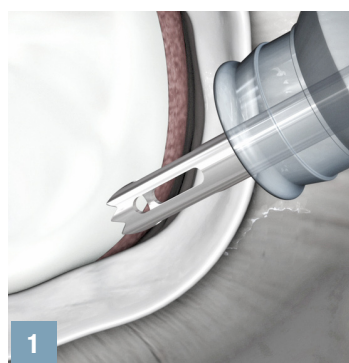
SURGICAL
TECHNIQUE

Arthroscopic Bankart Repair using the Y-Knot™ 1.3mm All-Suture Anchor

The Y-Knot™ All-Suture Anchor from ConMed Linvatec combines a small size, soft construct, and secure 360° FormFit™ fixation in the pilot hole for soft tissue-to-bone repairs including, SLAP (Superior Labrum, Anterior to Posterior), Bankart (Anterior, Inferior labrum), and Reverse Bankart (Posterior, Inferior Labrum) repairs.



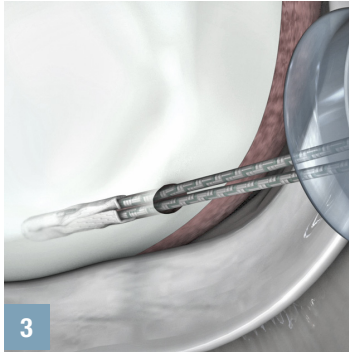
A standard posterior mid-glenoid portal should be established for diagnostic viewing purposes. Dual anterior portals are established at the inferior and superior margins of the rotator interval. Preferably, access to the repair site should be established using Dry-Doc® or Hex Flex® Cannulae.



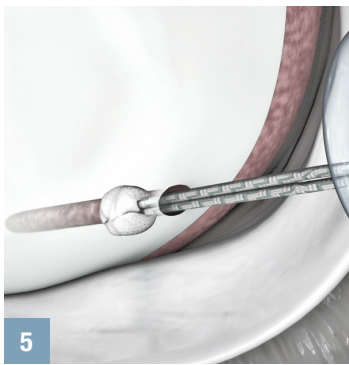
Prepare the glenoid for insertion of the Y-Knot anchor by debriding the soft tissue and creating a bleeding bone surface. Insert the fishmouth or serrated instability drill guide through the anterior-inferior portal and position it at the desired location on the glenoid.



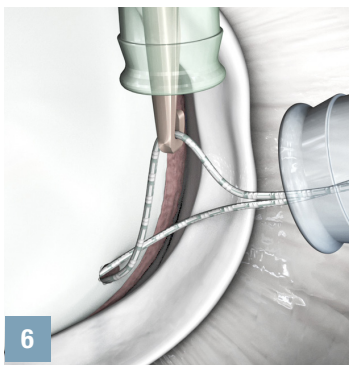
Insert and secure the 1.3mm Y-Knot Disposable Drill Bit such that the circular marking and a small portion of the spiral marking at the proximal end of the drill bit remain exposed. Drill a pilot hole, stopping when the distal spiral markings on the drill bit fill the distal window in the drill guide. Note: At this point the distal shoulder of the drill bit will be seated against the surface of the bone.



Remove the drill. Care should be taken to maintain precise guide position over the pilot hole. Insert the Y-Knot™ anchor through the drill guide into the pilot hole. Use a mallet to advance the Y-Knot anchor until the proximal laser mark is flush with the proximal end of the drill guide. Note: At this point, the distal cross hatch markings will be fully visible in the drill guide window.



Release the suture from the driver cleats. Remove the driver and drill guide from the joint. Pull on both sutures to set the anchor and confirm that the suture slides freely. Note: The sutures will pull back 5-10mm as the soft anchor compresses, expands laterally, and becomes seated in the bone.



With a crochet hook or circle grasper, retrieve a suture limb through the anterior-superior portal taking care not to unload the suture from the anchor.



Use a 45° right or left Spectrum® device to pass a limb of suture under the labrum and out of the anterior-inferior portal. Tie desired arthroscopic knots and cut excess suture utilizing a Katana® high strength suture cutter. Repeat steps utilizing additional Y-Knot™ anchors to complete the repair.

Y-Knot™ All-Suture Anchor

Y-Knot All-Suture Anchor	HF13
Y-Knot Disposable Drill Bit	HF13D
Drill Guide - Fishmouth	C6171
Drill Guide - Serrated	C6172
Blunt Obturator	C6173
Sharp Trocar	C6174



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