

Single Row Knotless Repairs Using the 4.5mm PopLok® Suture Anchor

The superior pull-out strength and ability to hold up to 4 suture limbs makes the 4.5mm PopLok the knotless suture anchor of choice for single row rotator cuff repair. Each of the following techniques can be used individually or in combination to repair rotator cuff tears that can be mobilized to the greater tuberosity (or classified as "simple" tear patterns).

Prepare the supraspinatus footprint on the greater tuberosity and debride the tendon back to viable tissue. Utilize small stab incisions preplanned with a spinal needle to "store" the already passed sutures thus keeping the lateral working portal from becoming cluttered. Furthermore, it is recommended that all sutures are passed prior to inserting any anchors, as once the tendon is anchored, passage of any additional sutures is difficult.

PopLok®

All PEEK-OPTIMA®
polymer knotless
anchor

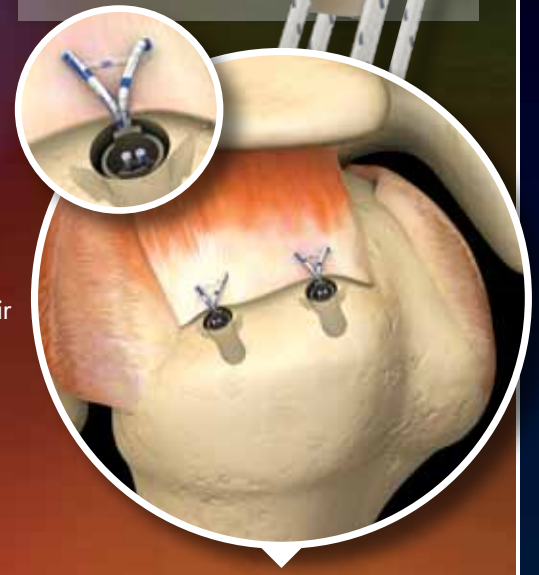
4.5mm Diameter

3.5mm also
available



Mattress Loop Stitch

For this stitch, the sutures are passed similarly to a horizontal mattress except both ends of the suture are brought back through the trailing loop. The loop closes around the tendon as the suture is tensioned in the anchor. Only a single pair of suture limbs (or single loop) should be used per anchor to prevent bunching of the tendon during tensioning.



Simple Stitch

Pass paired stitches through the torn tendon. Place the paired suture limbs through the 4.5mm PopLok anchor and insert in the footprint of the supraspinatus. For smaller tears only a single anchor and 2 pairs of sutures (for a total of 4 suture limbs) are used. For larger tears, 2 or even 3 anchors can be used. The anchors should be spaced at least 9mm apart. Suture organization is enhanced by utilizing (suture) stab insisions.

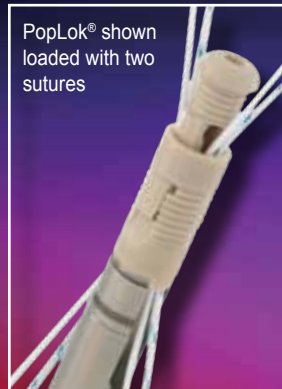


Horizontal Mattress (Inverted) Stitch

A horizontal mattress (inverted) stitch provides broader compression of the tendon onto the greater tuberosity. A single horizontal mattress stitch should be used with each anchor to prevent bunching of the tendon, which can occur when attempting to bring too many different parts of the tendon down to a single anchor point.

*Techniques are described by
John Randle, MD, Newmarket,
Ontario, Canada*

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today to learn more.



PopLok® shown loaded with two sutures

PopLok®

All PEEK-OPTIMA® polymer knotless anchor

3.5, 4.5mm Diameter

- Provides ability to tension sutures individually and separately from anchor seating
- Suture locks within the anchor
- Sub-cortical wings for enhanced fixation
- Tactile and audible "POP" confirms deployment



*Seat, tension,
pop and go!*

ORDERING INFORMATION

PopLok® Anchor

- CKP-3500 3.5mm PopLok Anchor
- CKP-3501 3.5mm PopLok Anchor w/one #2 Hi-Fi® Suture
- CKP-4500 4.5mm PopLok Anchor
- CKP-4502 4.5mm PopLok Anchor w/two #2 Hi-Fi® Sutures

PopLok Instrumentation

- PKL-35M 3.5mm PopLok Punch
- PKL-45M 4.5mm PopLok Punch

Linvatec-SRS Sterilization Tray

- RCR-TRAY Linvatec Shoulder Restoration System Tray

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