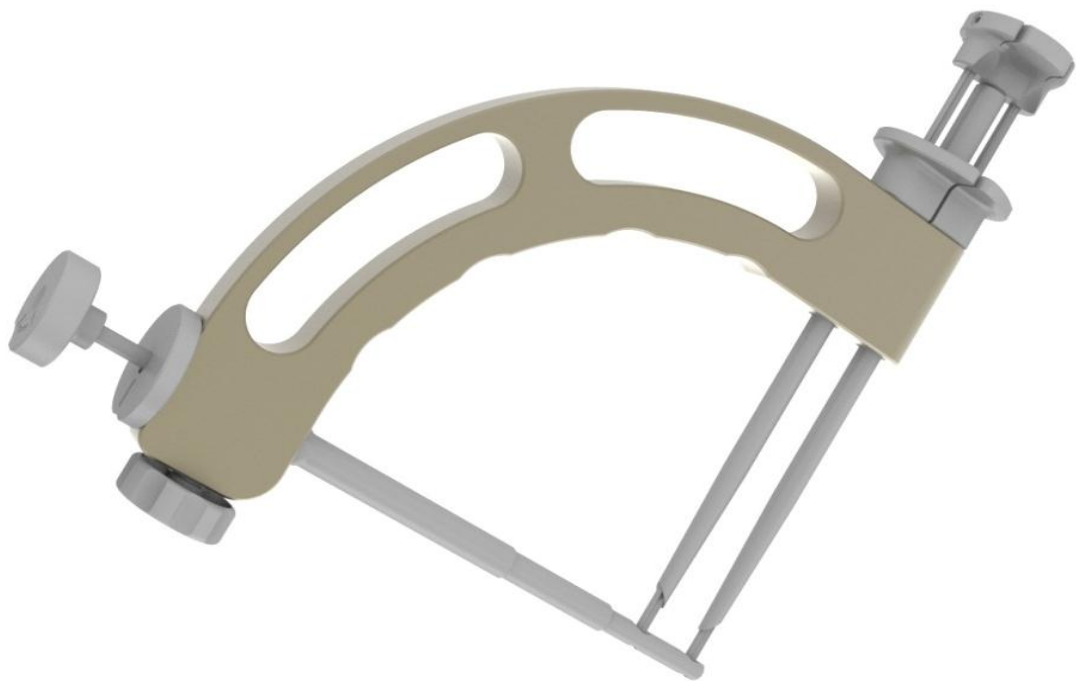


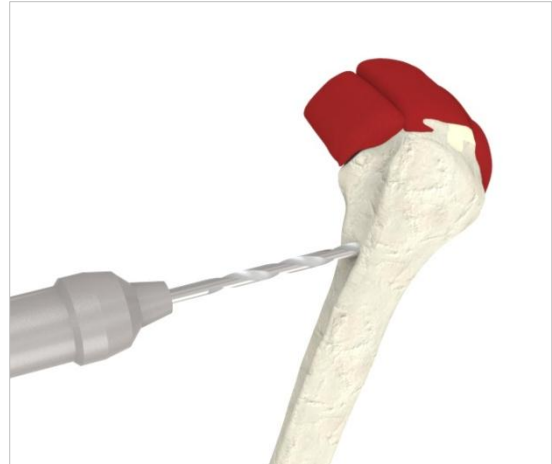
NCS - Adigo

Surgical instruments



Suprapectoral Intraosseouss Implantless Biceps Tenodesis with Cobra

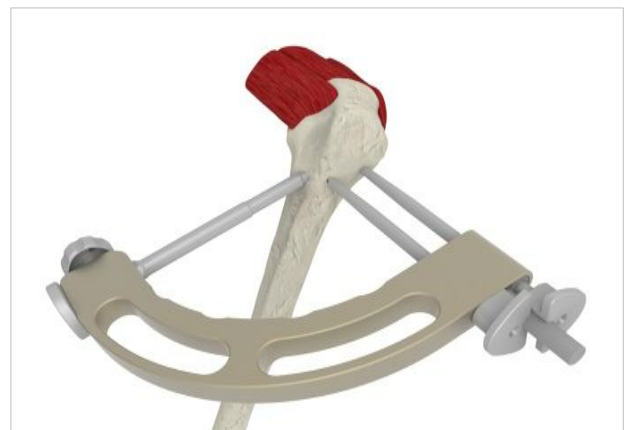
Step 1: Visualization of suprapectoral space through a standard lateral portal and preparation of LHB through a standard anteroinferior portal; formation of suprapectoral portal and drilling of bony tunnel with **cannulated drill (6mm)**, 30mm deep over K-wire at about 45° angle against humerus in cranial direction.



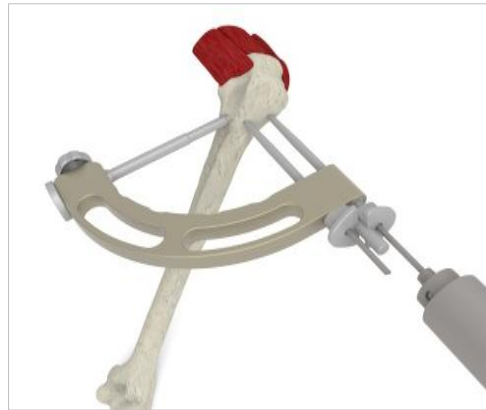
Step 2 : tenotomy of LHB and pulling out the proximal tendon through suprapectoral portal and passing the holding suture (Fiberwire #2). Cut the proximal end of the tendon above the holding suture.

Step 3: positioning of **Cobra guide**; insert the **primary cannulated stick** (6mm) through the suprapectoral portal inside the bonny tunnel. Rotate the **C-frame** of the guide to the desired level (the tip of the guide should be not more than 4cm bellow the lateral acromion).

Insert the **double drill guide** through the guide holes and press it against the skin. At the level of the skin marks make 2 skin incisions. Push the double drill guide until you reach the bone and tap it slightly.



Drill 2 bony tunnels using two **3mm drills with stoppers**.



guide.

Step 4: passing the shuttle sutures; push the **double suture loop inserter** loaded with 2 sutures (#2, different colours) through the **double drill guide**.

Insert the **locking needle** through the **primary cannulated stick** and rotate its head clockwise. Release the shuttle sutures at the top of the double suture loop inserter and remove both the double suture loop inserter and the double drill

Remove the primary cannulated stick out of the bony tunnel and outside the skin and release both suture loops.

Both of the suture loops are now outside the suprapectoral portal while each of the suture loops has its 2 suture ends through one of the lateral skin incisions ("Cobra bite").



Step 5: suture management; pass each of the biceps holding sutures through one of the shuttle suture loops first and then shuttle them out through the "Cobra skin incisions.

Step 6: final tenodesis; pull on both biceps holding sutures strands and observe the biceps slippage inside the bony tunnel. With the camera in the standard lateral portal switch the tip of the scope above the lateral humeral cortex and find both holding suture strands. Make 6 half-hitches above the cortical bridge through posterior skin incision. Switch the tip of the scope anteriorly and check the final tenodesis.