Technique Guide

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FHL Transfer

SOFTFIX-PK® Interference Screw

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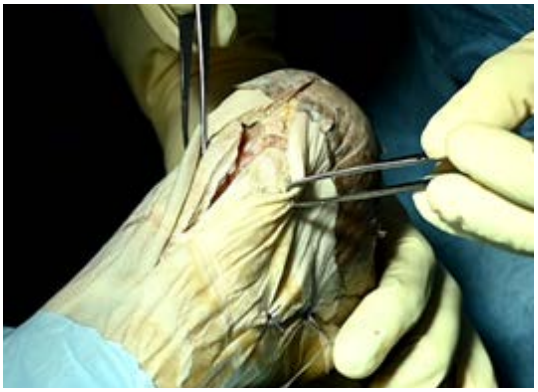


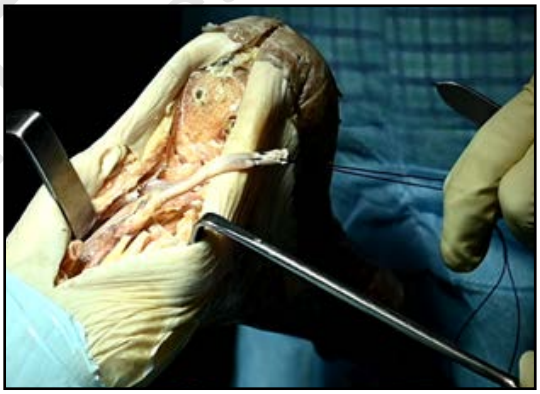
Step 1

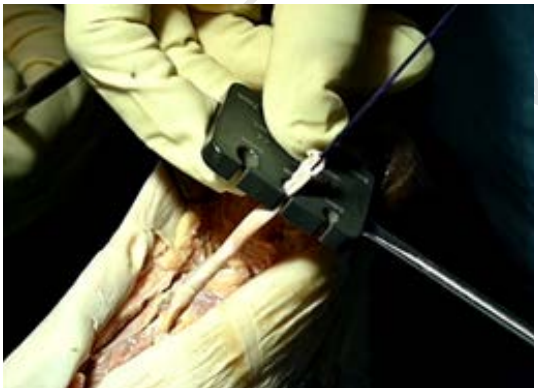
Make a 5-7cm longitudinal incision just medial to the Achilles tendon. Deeper dissection is carried out through the fascia until the FHL tendon and its muscle belly is identified. Movements of the great toe identify the FHL tendon.

The FHL tendon is dissected out from the surrounding soft tissues as distally as possible and released.

Step 2

The tendon is stitched using #2 BioFiber® or BioFiber® Loop.





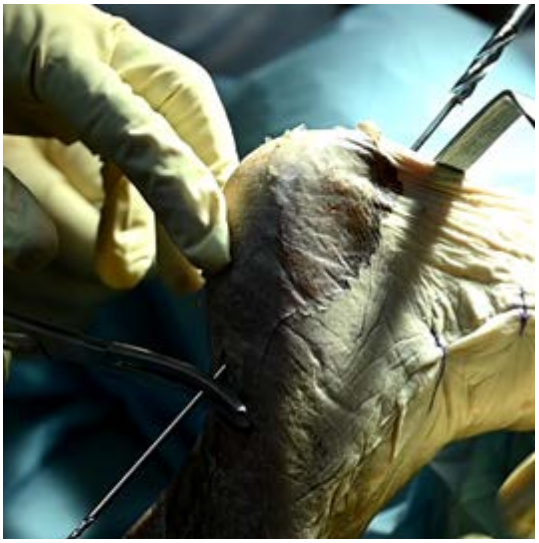
Step 3

Check the diameter of the tendon using a graft sizer for foot and ankle.

Step 4

Place the 2.4mm Drill Tip Suture Passing Pin into the dorsal medial aspect of the calcaneus.

Note: If the tendon diameter is less than 4.0mm, use a 1.2mm threaded guidewire to drill calcaneus.



Step 5

Over ream, the Guide Pin with a fluted cannulated reamer until the desired depth.

Note: On creation of bone tunnel,

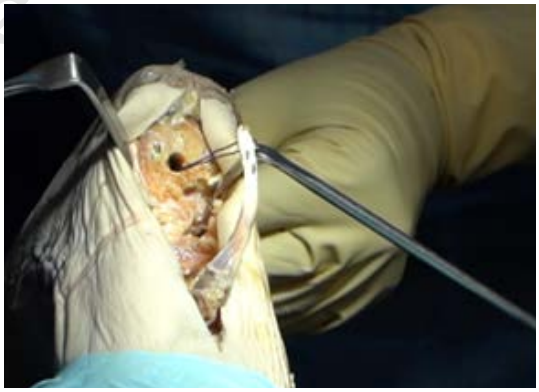
(1) Proper screw and drill hole diameter depend on the exact diameter of the tendon graft.

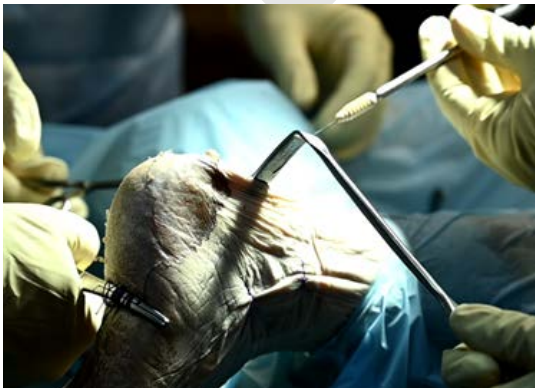
(2) Bone tunnel diameter should be 1.0mm larger than the tendon's size (e.g. 5.0mm graft requires 6.0m diameter tunnel).

(3) Bone tunnel depth should be 2.0mm longer than the length of the screw (6mm x 23mm screw = depth of 25mm).

Step 6

Plantar flex the foot and mark the tendon at the insertion site while under tension. Put a mark over the FHL tendon depending on the tunnel depth. Pass FHL graft in the tunnel and pull it up to the mark.

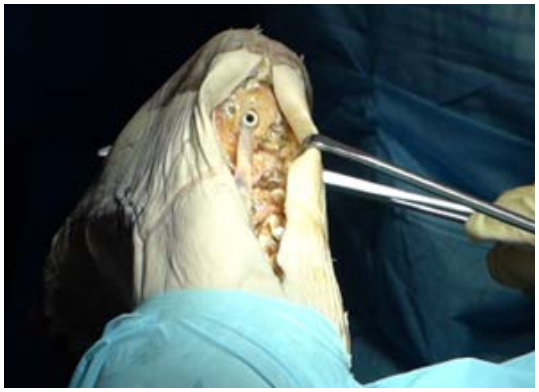




Step 7

Insert 1.2mm guidewire, Blunt Tip (Cat. No.10096) for dia. 5.0mm-8.0mm SOFTFIX-PK® interference screws into the bone tunnel.

Note: Use 0.8mm guidewire, Blunt Tip (Cat. No.10094) for dia. 4.0mm SOFTFIX-PK® interference screw.



Step 8

Insert the appropriately sized SOFTFIX-PK® Interference screw over the guidewire and advance it into the bone tunnel using an appropriate screwdriver. The screw is seated precisely only when it is flushed inside the cortical bone. Remove the screwdriver and guidewire. Cut the remaining suture.

Ordering Information

Catalog No.	Product Description
10053	SOFTFIX-PK® Interference screw, cannulated, roundhead; Dia. 4.0mm, Len. 10.0mm
10054	SOFTFIX-PK® Interference screw, cannulated, roundhead; Dia. 4.0mm, Len. 15.0mm
BAK-7164.15	SOFTFIX-PK® Interference screw, cannulated, roundhead; Dia. 5.0mm, Len. 15mm
BAK-7164.20	SOFTFIX-PK® Interference screw, cannulated, roundhead; Dia. 5.0mm, Len. 20mm
BAK-7165.23	SOFTFIX-PK® Interference screw, cannulated, roundhead; Dia. 6.0mm, Len. 23mm
BAK-7166.23	SOFTFIX-PK® Interference screw, cannulated, roundhead; Dia. 7.0mm, Len. 23mm
BAK-7167.23	SOFTFIX-PK® Interference screw, cannulated, roundhead; Dia. 8.0mm, Len. 23mm

Related Instrumentation

Catalog No.	Product Description
10094	Guide Wire, Blunt Tip for Dia. 4.0mm SOFTFIX-PK® Interference Screws Dia. 0.8mm; Len. 200mm (SS)
10096	Guide Wire, Blunt Tip for Dia. 5.0mm-8.0mm SOFTFIX-PK® Interference Screws Dia. 1.2mm; Len. 200mm (NITINOL)
10007	Screwdriver for SOFTFIX-PK® Interference Screw Len. 23.0mm, Cannulated
10008	Screwdriver for SOFTFIX-PK® Interference Screw, Cannulated, Dia. 4.0mm
BAK-7223	Screwdriver for SOFTFIX-PK®, Dia: 5.0mm Interference Screws, Cannulated
BAL-024	Threaded Guidewire Dia. 1.2; Len. 180mm, SS
10057	Graft Sizer for Foot & Ankle, Dia. 4-5-6-7-8 mm
10085	Fluted Reamer Cannulated, Dia. 4.0mm
10086	Fluted Reamer Cannulated, Dia. 5.0mm
10087	Fluted Reamer Cannulated, Dia. 6.0mm
10088	Fluted Reamer Cannulated, Dia. 7.0mm
10089	Fluted Reamer Cannulated, Dia. 8.0mm

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All Implants specified in the catalogue are CE certified

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