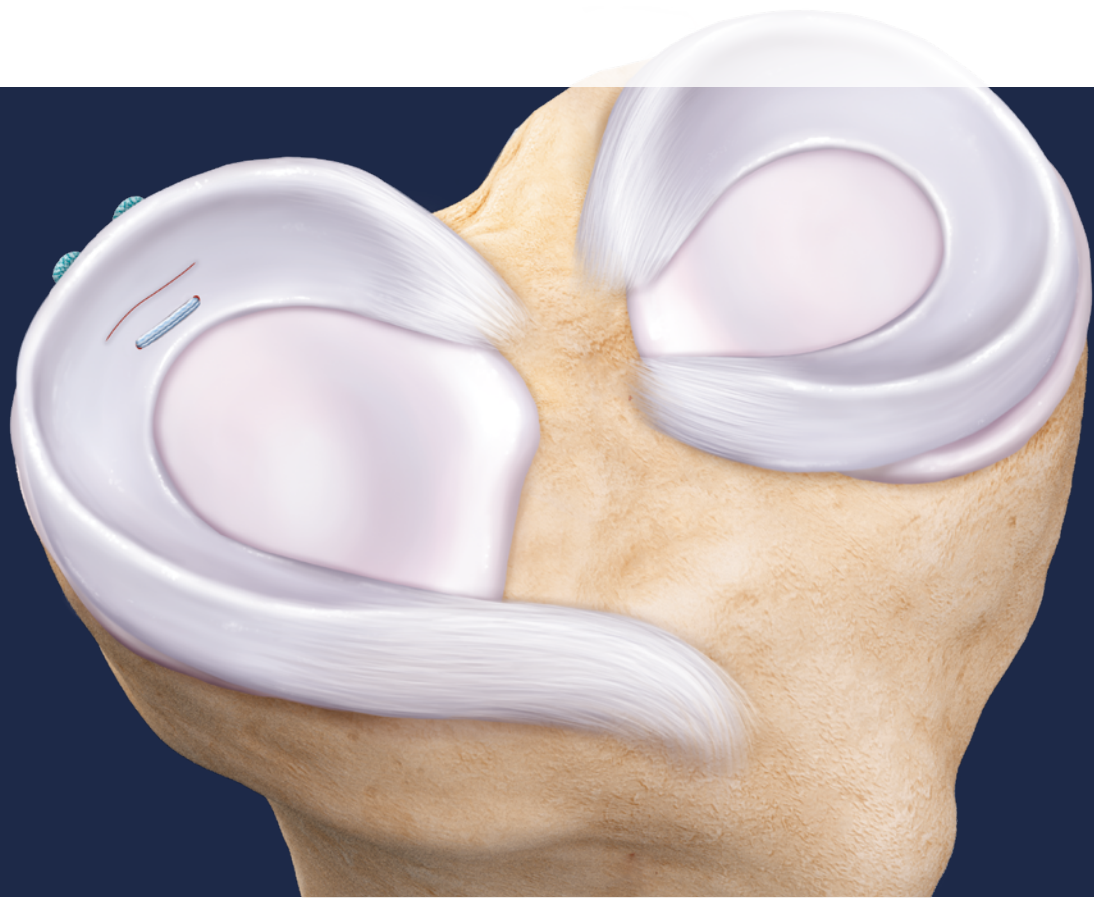


FiberStitch™ All-Inside Meniscal Repair

Surgical Technique



Arthrex® 

FiberStitch™ Implant

The FiberStitch implant is an innovative all-inside meniscal repair system that replaces hard PEEK implants with soft suture sheaths. #2-0 coreless FiberWire suture and a pretied sliding knot provide secure arthroscopic all-suture meniscus repair. The ergonomic handle is designed for single-handed implant delivery, and active implant deployment technology minimizes needle exposure beyond the meniscus, eliminating the need to past-point the needle.

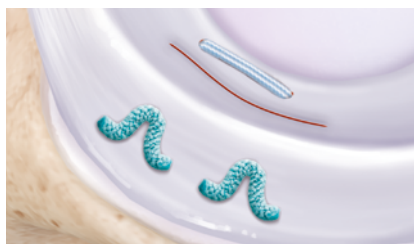


Features and Benefits



■ Multiple Delivery Options

- The FiberStitch implant device offers a 12° up curve, 24° up curve, a straight option, and a 12° reverse curve



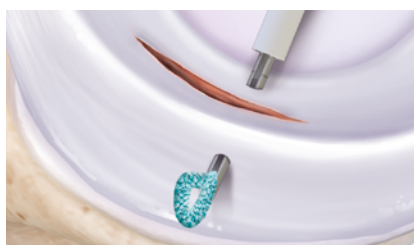
■ Low-Profile Suture Implants

- The low-profile suture anchors replace traditional hard PEEK plastic implants; low-profile #2-0 coreless FiberWire suture prevents tissue cut-through and minimizes friction against articular cartilage¹



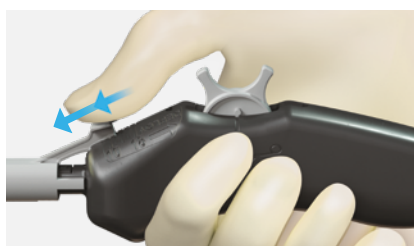
■ 1-Handed Deployment

- The ergonomic handle and easy implant deployment wheel allow true 1-handed implant delivery



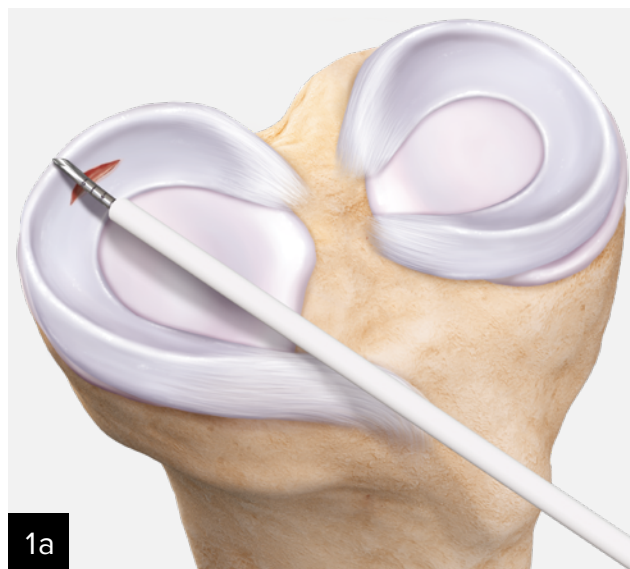
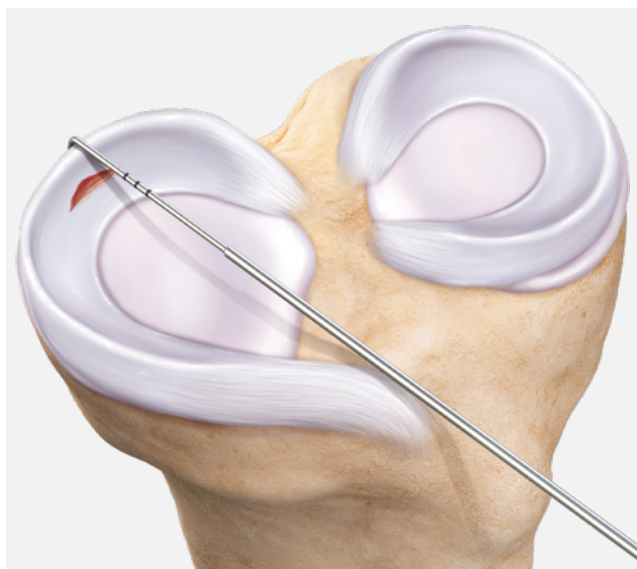
■ Active Implant Deployment

- The implants are deployed from the tip of the needle, reducing needle exposure beyond the meniscus

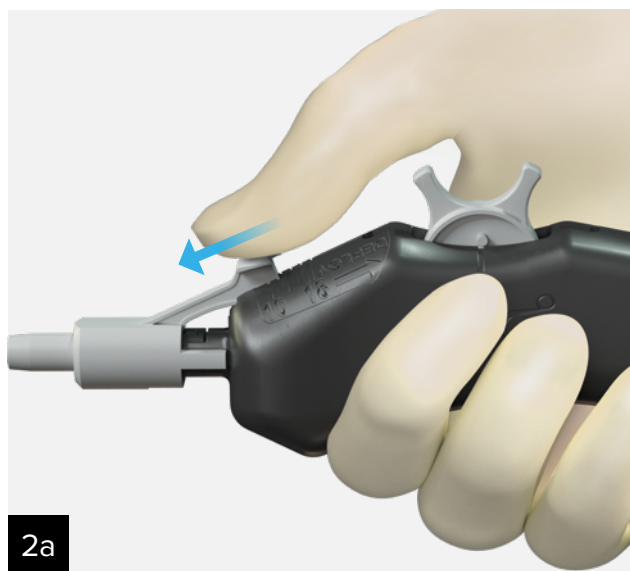
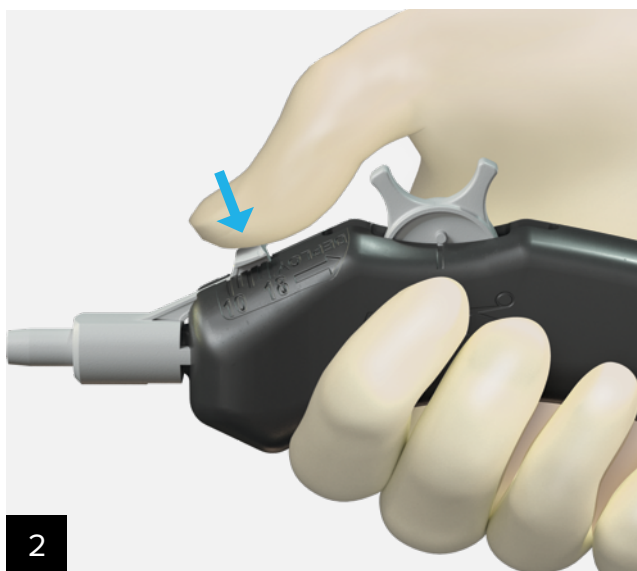


■ Adjustable Depth Stop

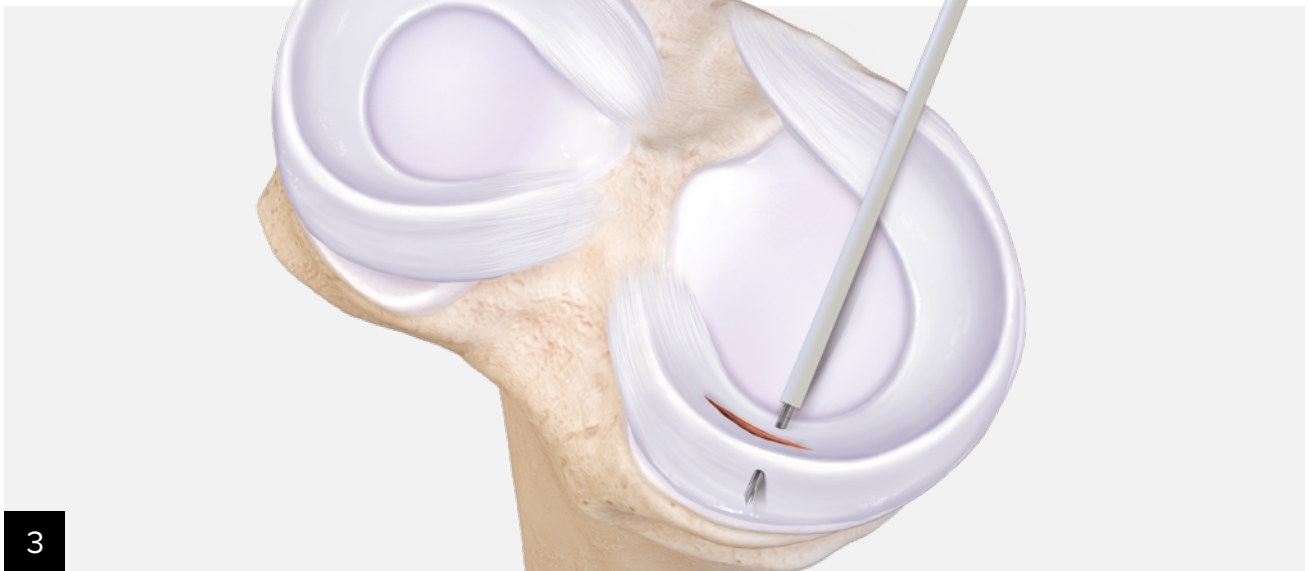
- The depth stop can be set with a single hand; convenient markings in 2 mm increments allow setting adjustments from a minimum of 10 mm to a maximum of 18 mm



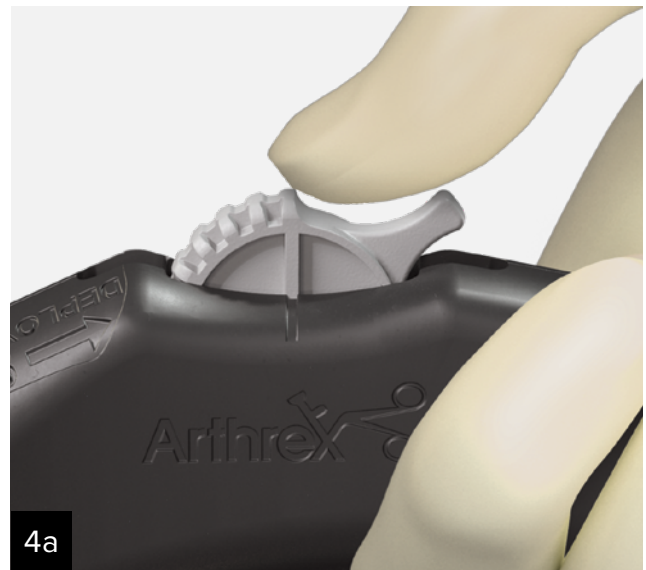
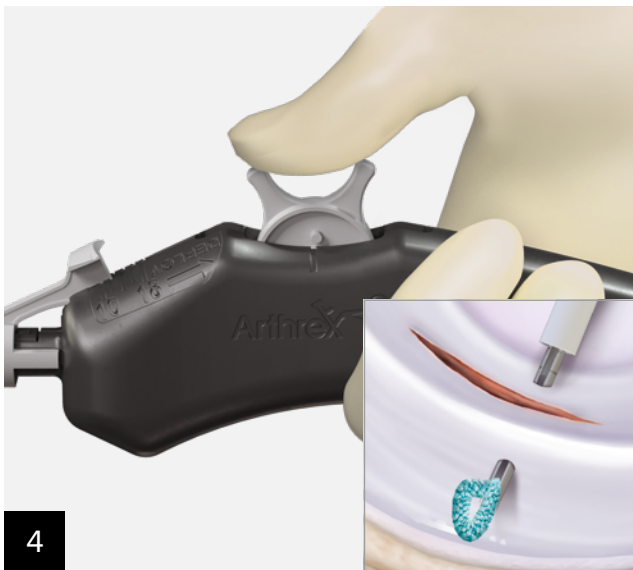
Measure the meniscus using a measurement probe **(1)** or the laser lines on the tip of the FiberStitch needle **(1a)**. Set the depth stop to a length 2 mm longer than the meniscus to ensure that the implant is fully deployed behind the meniscus.



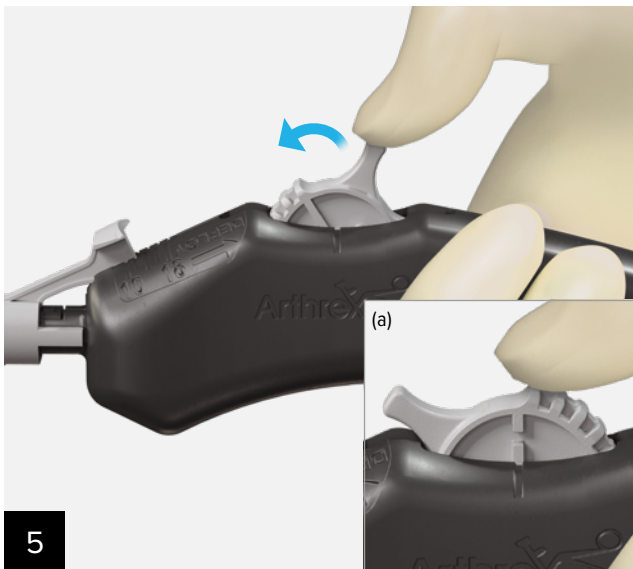
The depth stop is set to 18 mm. To change the depth stop setting, engage the selector by depressing the gray tab **(2)** and then advancing it forward to the desired depth setting **(2a)**.



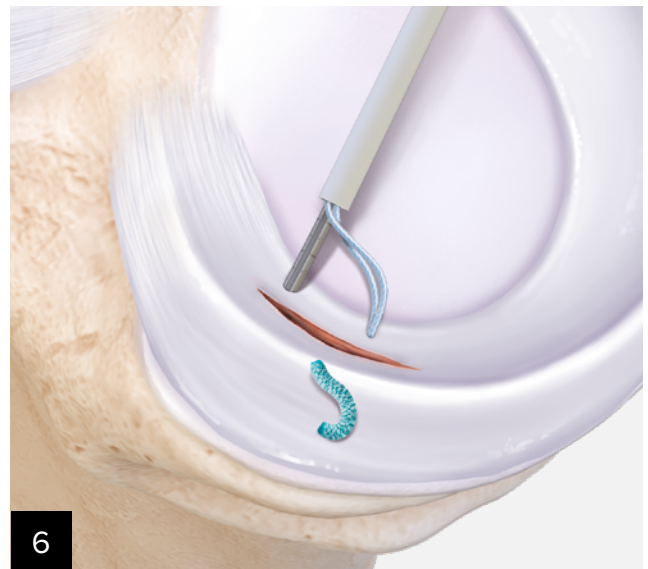
Place the delivery needle over the desired entry point for the first implant. Advance the needle through the meniscus by pushing the entire handpiece forward until the desired depth is reached.



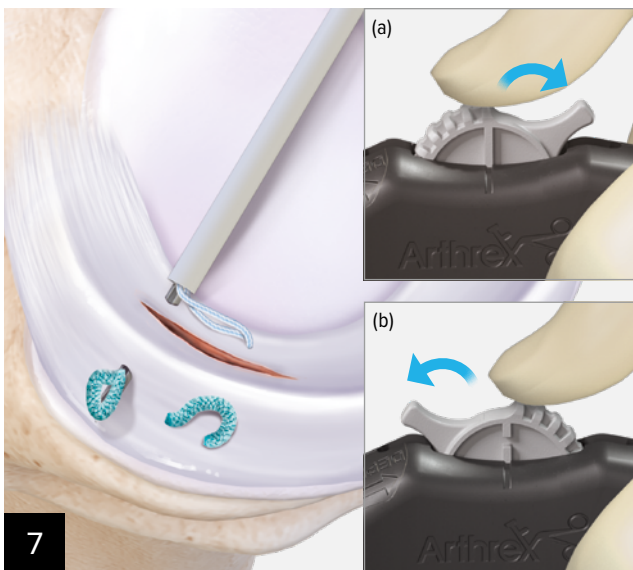
Roll the deployment wheel backward to a hard stop and until an audible click is heard **(4)**. This will deploy the first implant. The deployment wheel will display a solid vertical indicator **(4a)**.



5 Roll the wheel forward to a hard stop and audible click. This will confirm that the first implant has been deployed. The deployment wheel will display 2 vertical indicators **(a)**.



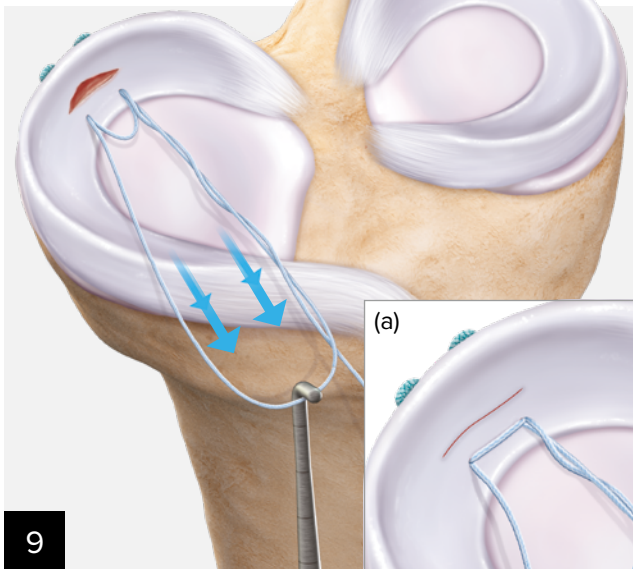
6 Remove the device from the meniscus and select the location to deploy the second implant. Advance the needle through the meniscus by pushing the entire handpiece forward until the desired depth is reached.



7 Deploy the second implant by rolling the deployment wheel backward to a hard stop and an audible click is heard. The deployment wheel will display a solid vertical indicator **(a)**. Before removing the device from the tissue, roll the wheel completely forward to a hard stop **(b)**.

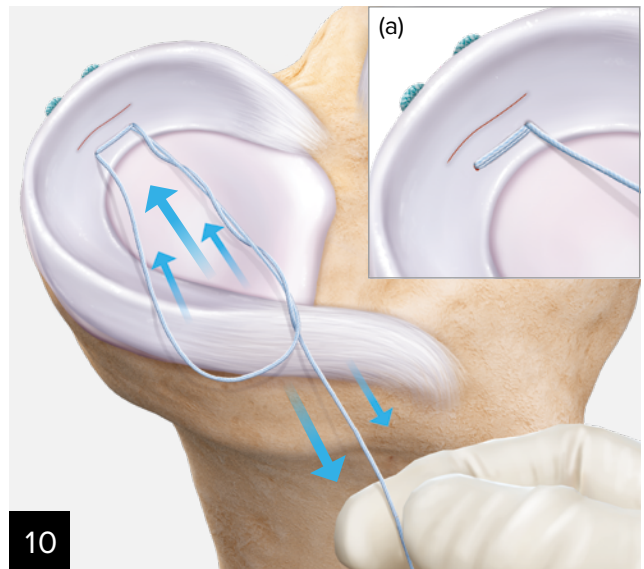


8 Once both implants are deployed and the inserter is removed from the joint, pinch all the sutures and gently pull to set the implants. Untangle the straight pulling suture from the suture loop if wanted.



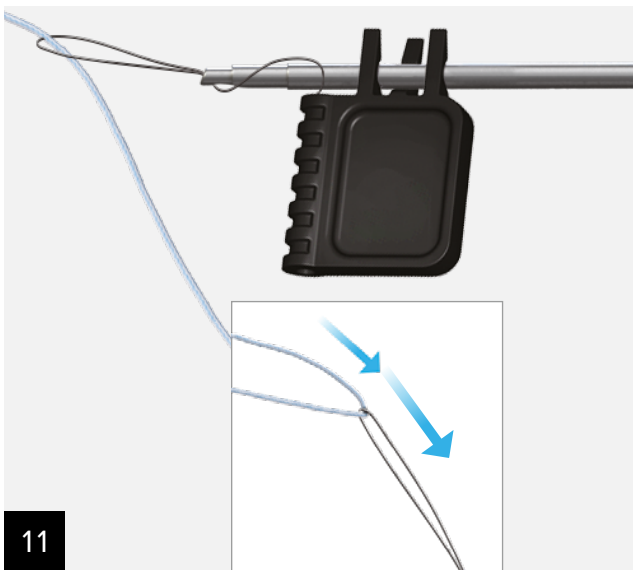
9

A suture loop and a single suture will be visible outside of the joint. Insert a probe or similar device through the loop and pull the loop of suture to reduce the tissue. The suture spanning the 2 implants will reduce **(a)**. **Note: Continued tension on the suture loop after reducing the tissue will shorten the single suture. Only apply tension to the loop until the suture spanning the implants is taut.**



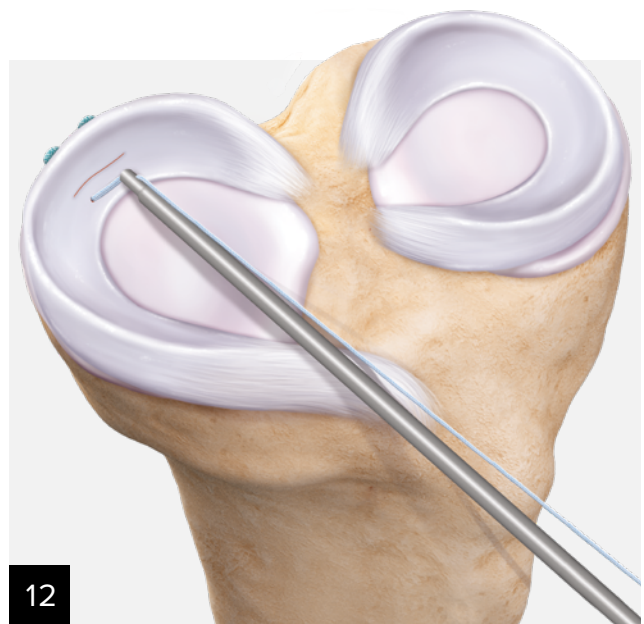
10

Tension the single suture to reduce the suture loop. The implants are secured when the loop is reduced **(a)**.



11

Load the tail of the suture into the loading wire and pull the black tab to load the knot pusher.



12

Advance the knot pusher toward the meniscus, keeping it parallel to the suture while maintaining tension on the suture.

Ordering Information

Product Description	Item Number
FiberStitch™ implant, 12° up curve	AR-4570
FiberStitch™ implant, 24° up curve	AR-4570-24
FiberStitch™ implant, 12° reverse curve	AR-4570R
FiberStitch™ implant, straight	AR-4570S
Knot pusher / suture cutter, with portal skid	AR-5845*
Arthroscopic measurement probe, 60°, 220 mm	AR-4070-01
Suture cutter, straight shaft, 2.75 mm	AR-11790F
Meniscus repair rasp	AR-4130
Open cannula, tapered tip, low-profile	AR-6506LP

*Note: Also available as standalone articles AR-4505 (Portal Skid) and AR-5815 (knot pusher / suture cutter)

Products advertised in this brochure / surgical technique guide may not be available in all countries. For information on availability, please contact Arthrex Customer Service or your local Arthrex representative.

Reference

1. Bisson LJ, Manohar LM, Wilkins RD, Gurske-Deperio J, Ehrensberger MT. Influence of suture material on the biomechanical behavior of suture-tendon specimens: a controlled study in bovine rotator cuff. *Am J Sports Med.* 2008;36(5):907-912. doi:10.1177/0363546508314793



This description of technique is provided as an educational tool and clinical aid to assist properly licensed medical professionals in the usage of specific Arthrex products. As part of this professional usage, the medical professional must use their professional judgment in making any final determinations in product usage and technique. In doing so, the medical professional should rely on their own training and experience, and should conduct a thorough review of pertinent medical literature and the product's directions for use. Postoperative management is patient-specific and dependent on the treating professional's assessment. Individual results will vary and not all patients will experience the same postoperative activity level and/or outcomes.

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