

## Rotator Cuff Repair

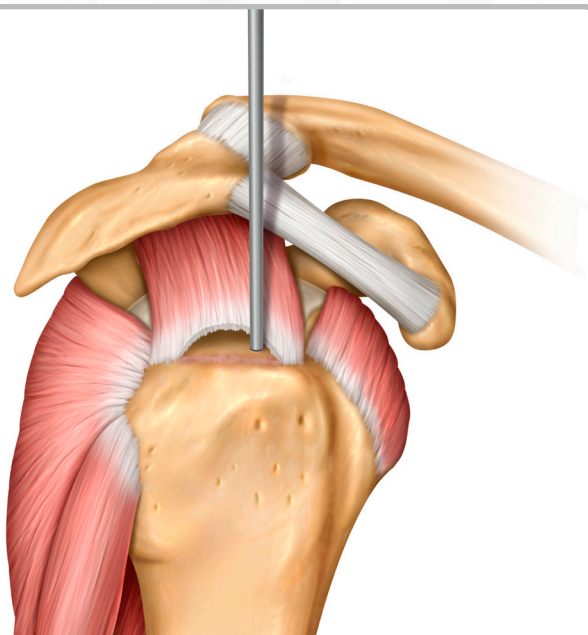
*Twist and Twist Knotless Suture Anchors*

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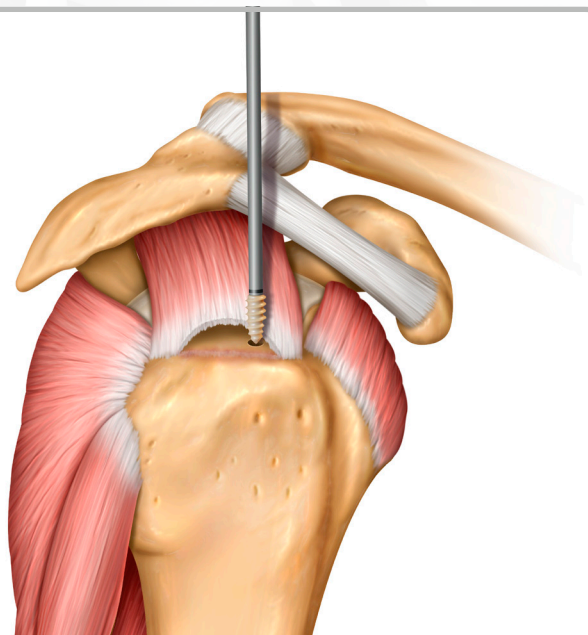
Surgical Technique Guide

# Rotator Cuff Repair *Twist and Twist Knotless*



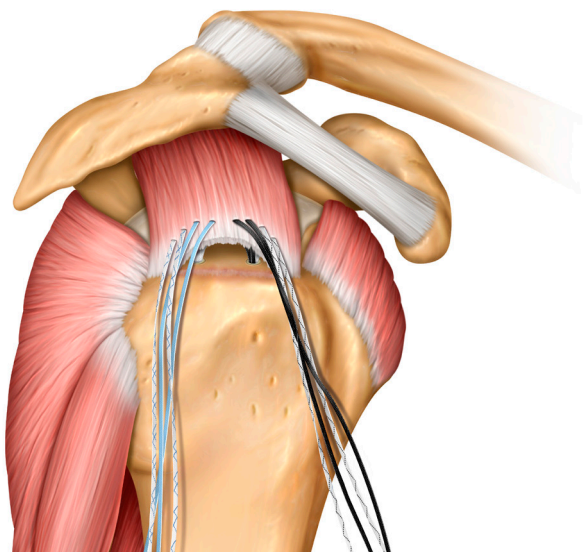
step  
**1**

The rotator cuff footprint is prepared, and pilot holes are created near the articular margin.



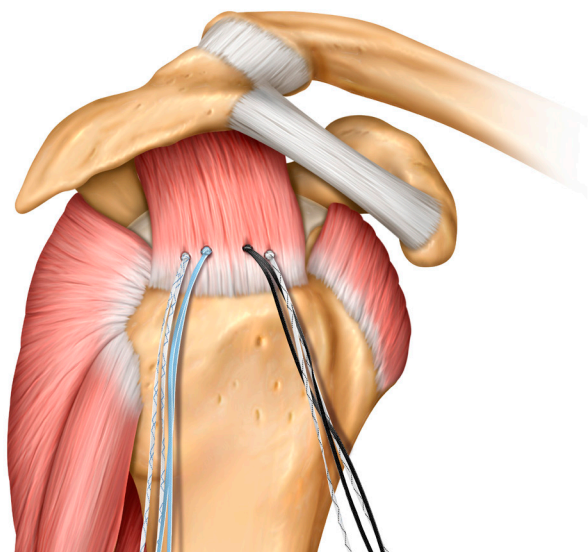
step  
**2**

Insert the Twist PEEK, which is pre-loaded with two 1.6mm suture tapes. Repeat steps 1-2 as necessary.



step  
**3**

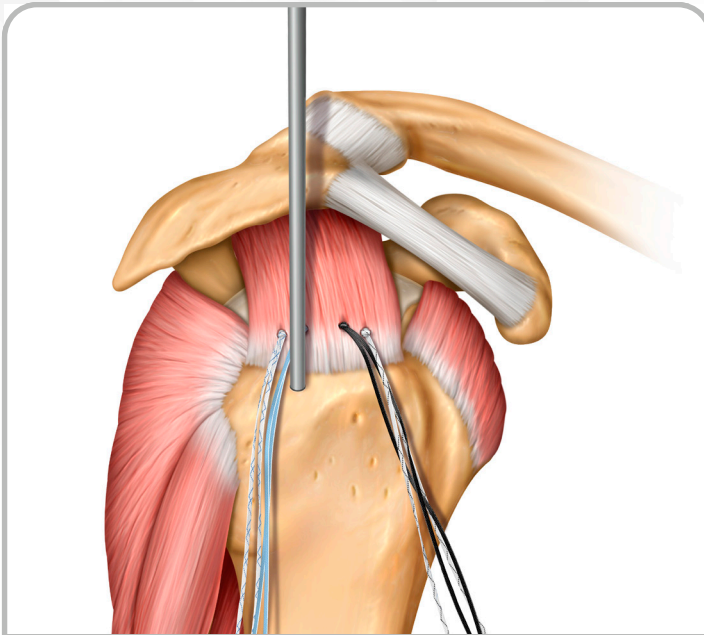
The suture tapes are passed through the rotator cuff in a mattress configuration, using preferred suture passing technique.



step  
**4**

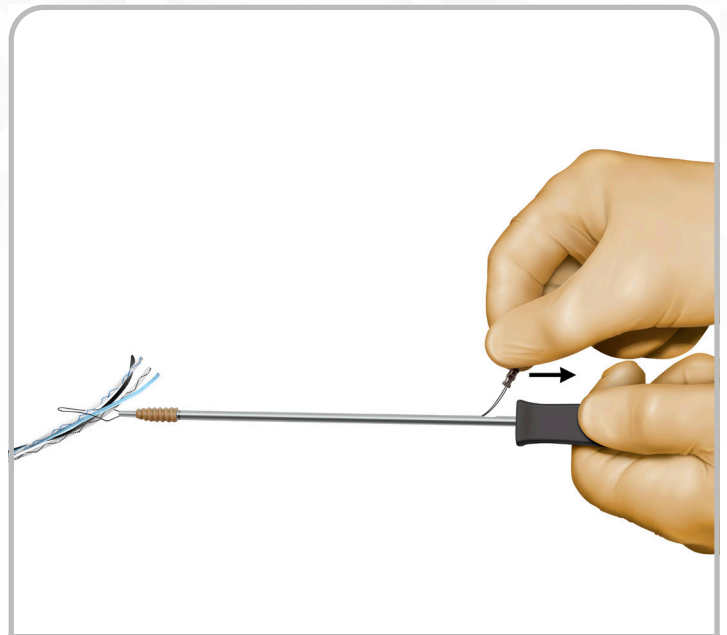
The 1.6mm suture tapes can be tied for primary fixation or individual suture tape tails can be incorporated into lateral row fixation.

# Rotator Cuff Repair *Twist and Twist Knotless*



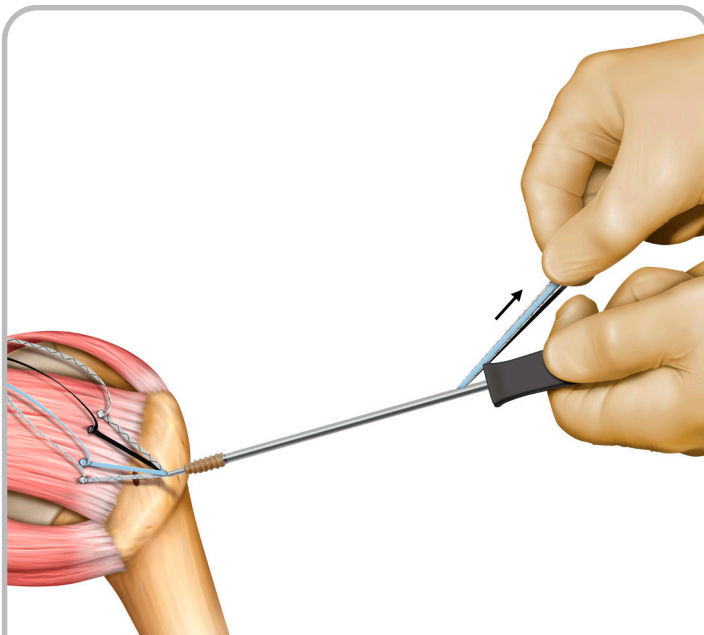
step  
**5**

The lateral row anchor site is identified, and a pilot hole is created using the 4.1 Awl.



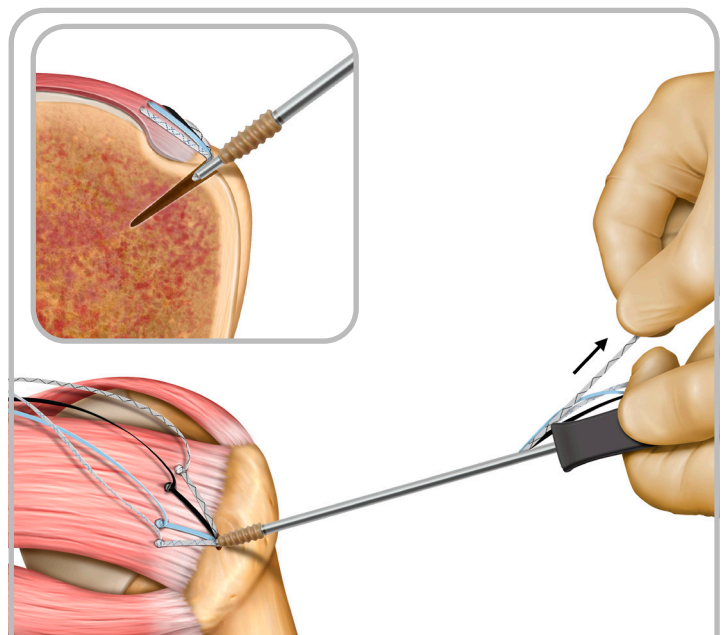
step  
**6**

Suture tails (up to 4) can be loaded into the Twist Knotless suture threader. The threader tab is pulled to shuttle the loaded sutures through the Twist Knotless and inserter.



step  
**7**

While applying light tension on the suture tails, advance the Twist Knotless anchor into the subacromial space through the cannula.

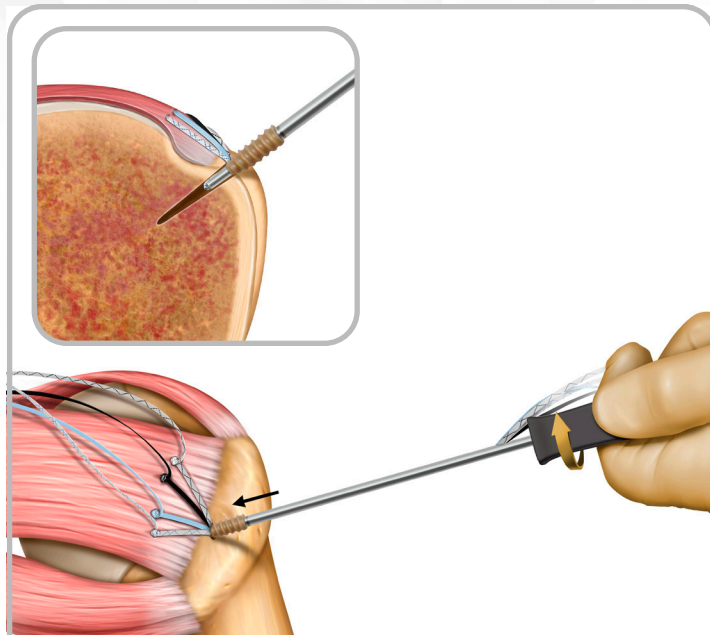


step  
**8**

Introduce the insertion nose into the pilot hole. While maintaining position of Twist Knotless Insertion Handle, pull suture tails individually to set tension.

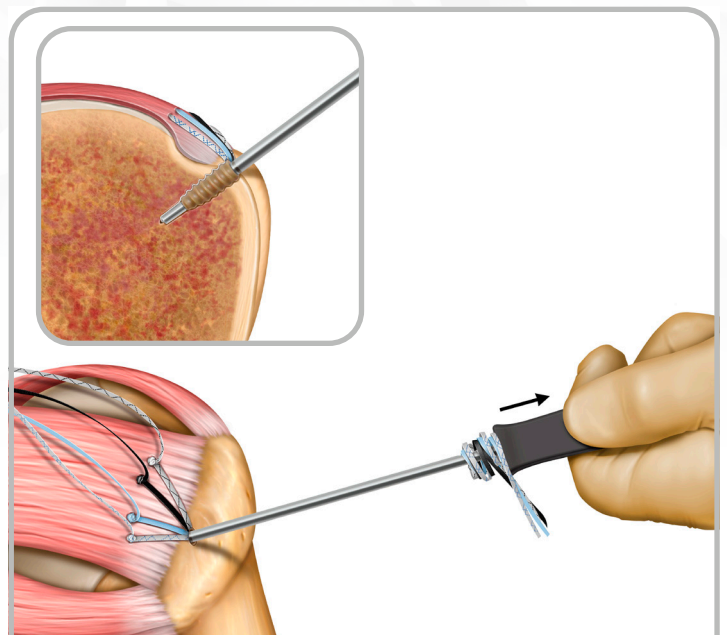


# Rotator Cuff Repair *Twist and Twist Knotless*



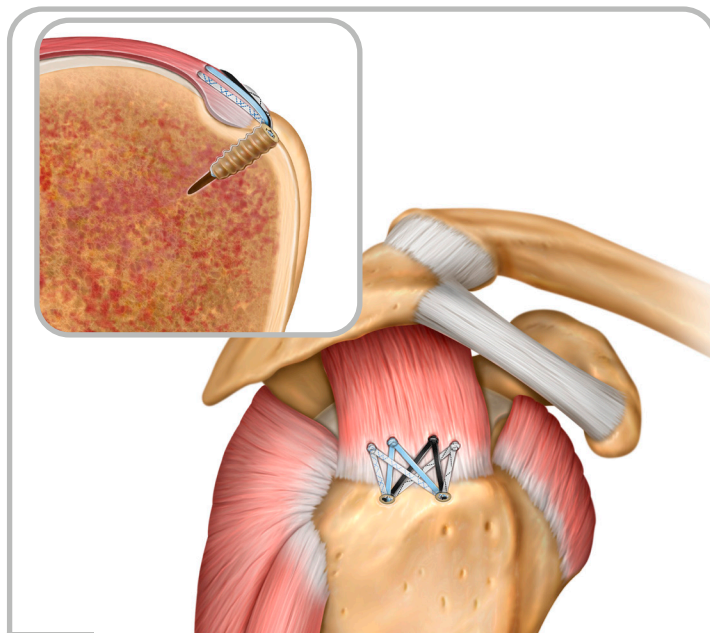
step  
**9**

Once desired tension is achieved, release suture tails. With downward (proximal to distal) pressure, rotate clockwise to insert the Twist Knotless.



step  
**10**

Rotate Twist Knotless to proper insertion depth marked by the horizontal laser line. Disengage the driver by pulling back. The sutures wrapped around the driver shaft will unwind as driver is disengaged.



step  
**11**

Repeat steps 5-10 as necessary to complete the repair.



# Twist & Triple Twist *Screw-In Suture Anchors*



Twist & Triple Twist PEEK Screw-In Suture Anchors are recommended for use in both large and small-joint repairs.

## Features & Benefits

### Fully-threaded design

- Optimal cortical fixation
- Reduce the risk of "pull-back"

### Made of PEEK-OPTIMA Natural

- Non-absorbable, radiolucent, MR safe

## Twist PEEK Screw-In Suture Anchors

Part #	Diameter (mm)	Length (mm)	Description	Material	QTY/Box
10511T	4.5	12.6	Twist, screw-in, suture anchor, w/2, #2 sutures (blu & wht/grn)	PEEK	1
10517T	5.5	12.6	Twist, screw-in, suture anchor, w/2, #2 sutures (blu & wht/grn)	PEEK	1
10518T	6.5	12.6	Twist, screw-in, suture anchor, w/2, #2 sutures (blu & wht/grn)	PEEK	1
10521	4.5	12.6	Twist, screw-in, suture anchor, w/2, #2 sutures (wht & wht/blu), w/needles (MO-6)	PEEK	1
10522	5.5	12.6	Twist, screw-in, suture anchor, w/2, #2 sutures (wht & wht/blu), w/needles (MO-6)	PEEK	1
10523	6.5	12.6	Twist, screw-in, suture anchor, w/2, #2 sutures (wht & wht/blu), w/needles (MO-6)	PEEK	1

## Triple Twist PEEK Screw-In Suture Anchors

Part #	Diameter (mm)	Length (mm)	Description	Material	QTY/Box
10524T	5.5	12.6	Triple Twist, screw-in, suture anchor, w/3, #2 sutures (blu, wht/grn & wht/blk)	PEEK	1

## Twist PEEK Screw-In Suture Anchors w/Two Suture Tapes

Part #	Diameter (mm)	Length (mm)	Description	Material	QTY/Box
11003	4.5	12.6	Twist, screw-in, suture anchor, w/2, 1.6mm suture tapes (wht/blu & wht/blk)	PEEK	1
11283	4.5	12.6	Twist, screw-in, suture anchor, w/2, 1.6mm suture tapes (blu, wht/blu)	PEEK	1
11285	4.5	12.6	Twist, screw-in, suture anchor, w/2, 1.6mm suture tapes (blk, wht/blk)	PEEK	1
11004	5.5	12.6	Twist, screw-in, suture anchor, w/2, 1.6mm suture tapes (wht/blu & wht/blk)	PEEK	1
11284	5.5	12.6	Twist, screw-in, suture anchor, w/2, 1.6mm suture tapes (blu, wht/blu)	PEEK	1
11286	5.5	12.6	Twist, screw-in, suture anchor, w/2, 1.6mm suture tapes (blk, wht/blk)	PEEK	1
11005	6.5	12.6	Twist, screw-in, suture anchor, w/2, 1.6mm suture tapes (wht/blu & wht/blk)	PEEK	1

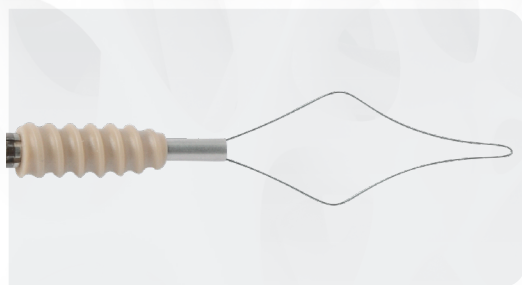
## Twist SST PEEK Screw-In Suture Anchors w/One Suture Tape

Part #	Diameter (mm)	Length (mm)	Description	Material	QTY/Box
11349	4.5	12.6	Twist SST, screw-in, suture anchor, w/1, 2mm suture tape (blu)	PEEK	1
11350	4.5	12.6	Twist SST, screw-in, suture anchor, w/1, 2mm suture tape (blk)	PEEK	1
11351	5.5	12.6	Twist SST, screw-in, suture anchor, w/1, 2mm suture tape (blu)	PEEK	1
11352	5.5	12.6	Twist SST, screw-in, suture anchor, w/1, 2mm suture tape (blk)	PEEK	1

## Instrumentation for Twist PEEK Screw-In Suture Anchors

Part #	Diameter (mm)	Joint	Description	Sterile/Unsterile	Single-use/Reusable
10365	3.2	Shoulder	Awl	Unsterile	Reusable
10338	4.1	Shoulder	Awl	Unsterile	Reusable
10609	4.5	Shoulder	Punch/tap	Unsterile	Reusable
10277	5.5	Shoulder	5.5mm or 6.5mm punch/tap	Unsterile	Reusable
10222	5.5	Shoulder	5.5mm or 6.5mm punch/tap, hudson	Unsterile	Reusable
10540U	3.2	Shoulder	Drill bit, w/positive stop	Unsterile	Reusable
10541U	4	Shoulder	Drill bit	Unsterile	Reusable

# Twist Knotless *Screw-In Suture Anchors*



Twist Knotless was designed to be extremely reliable and strong. The fully threaded screw-in knotless anchor is ideally suited for rotator cuff repair and Achilles repair.

## Features & Benefits

### Knotless

- Provides a step-saving alternative to conventional “knotted” suture anchors
- Eliminates “knot stacks” associated with soft tissue irritation

### Fully-threaded design

- Optimal cortical fixation
- Reduce the risk of “pull-back”

### Made of PEEK OPTIMA Natural

- Non-absorbable, radiolucent, MR safe

## Twist Knotless

Part #	Diameter (mm)	Length (mm)	Description	Material	QTY/Box
11165	4.75	15	Twist Knotless, screw-in, suture anchor, w/suture passer	PEEK	1
11166	5.5	15	Twist Knotless, screw-in, suture anchor, w/suture passer	PEEK	1
11167	6.25	15	Twist Knotless, screw-in, suture anchor, w/suture passer	PEEK	1

## Twist Knotless Instrumentation

Part #	Diameter (mm)	Joint	Description	Sterile/Unsterile	Single-use/Reusable
11172	-	Shoulder	Awl, w/taper from 3.6mm to 4.1mm	Unsterile	Reusable

*Twist Knotless*



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**PARCUS**

**Parcus Medical, LLC.**

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