

## Distal Biceps Repair

*AcTiFlip SB Biceps Tenodesis System*

Surgical Technique Guide

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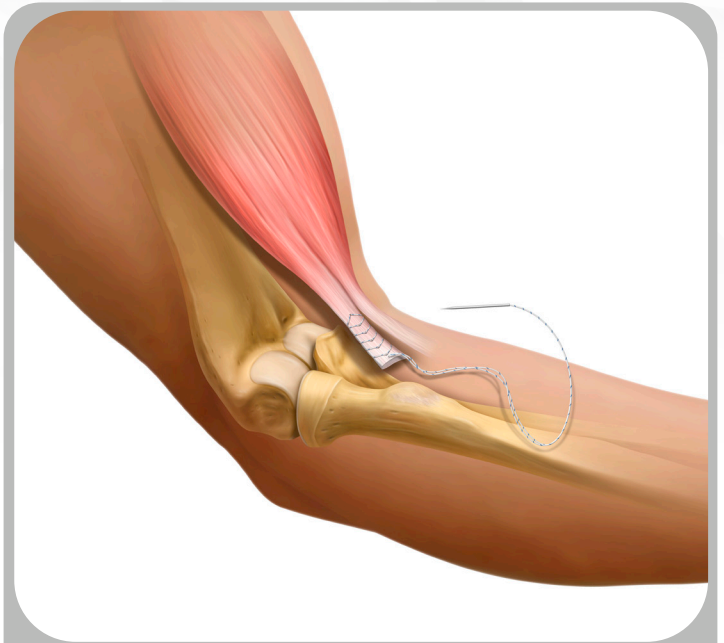
# Distal Biceps Repair Surgical Technique

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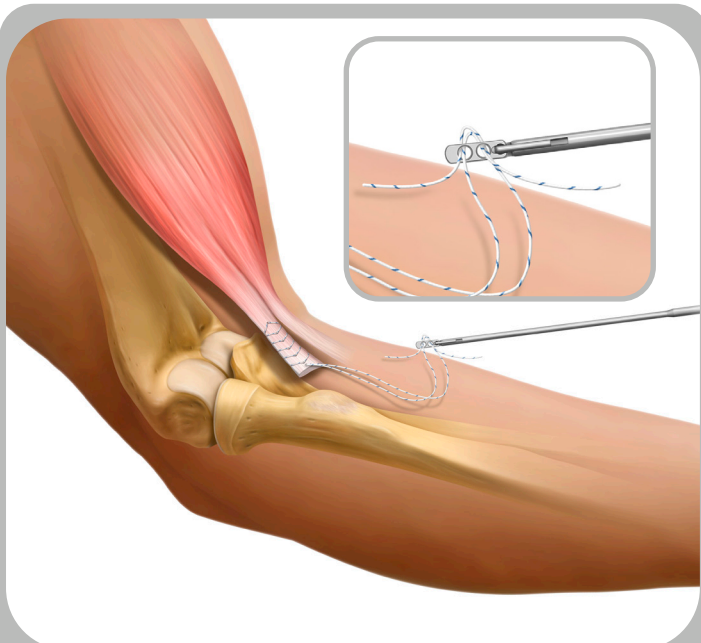
step  
1

Identify the distal biceps tendon and debride any compromised tissue.



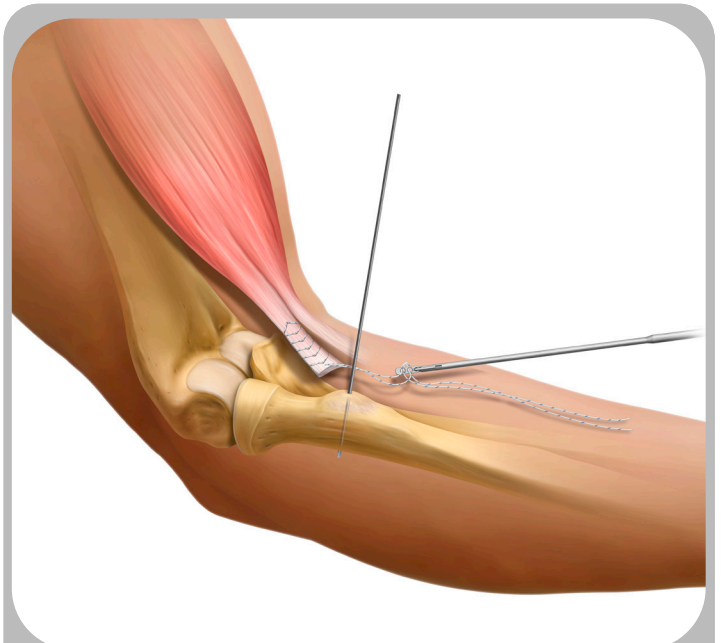
step  
2

Whipstitch the tendon using the included suture loop. Measure the tendon using a graft sizing block.



step  
3

Thread the whipstitch suture limbs through the center holes of the ActiFlip button, creating a double pulley. The button should slide freely on the suture.

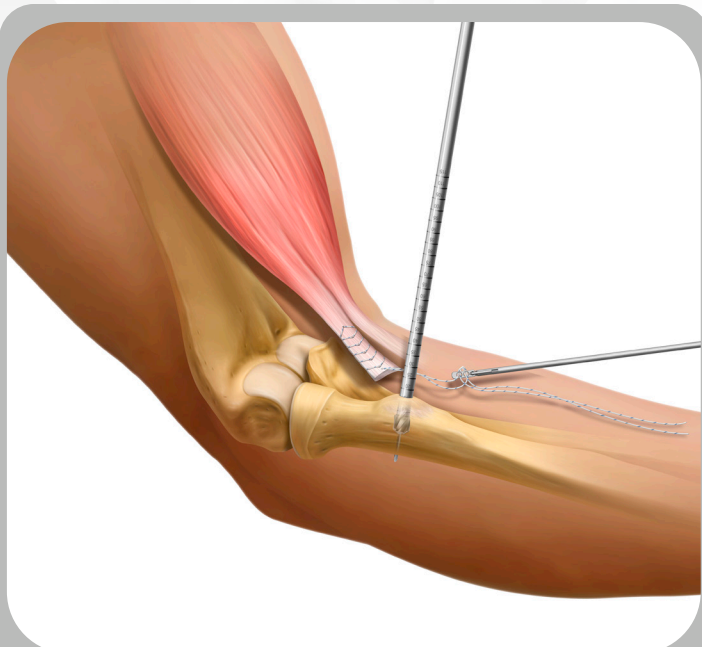


step  
4

Utilizing a 1.5 K-Wire, drill a bicortical hole on the radial tuberosity.

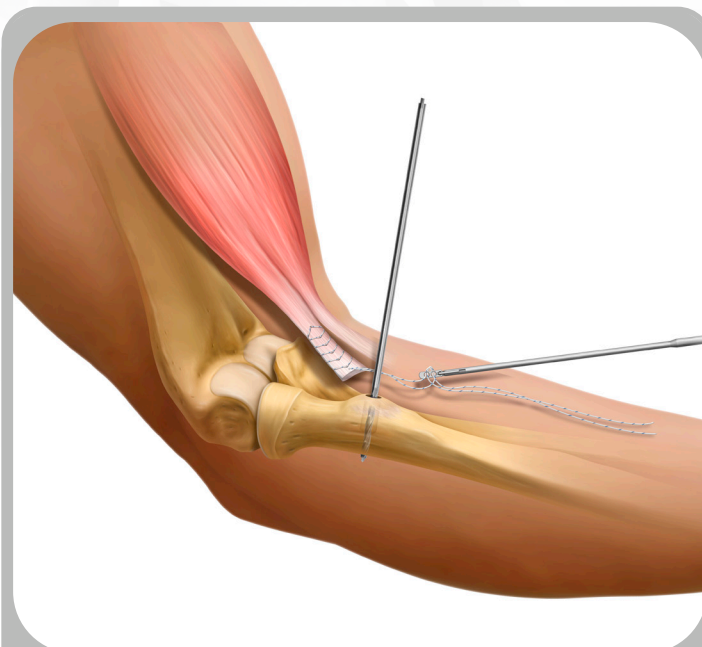
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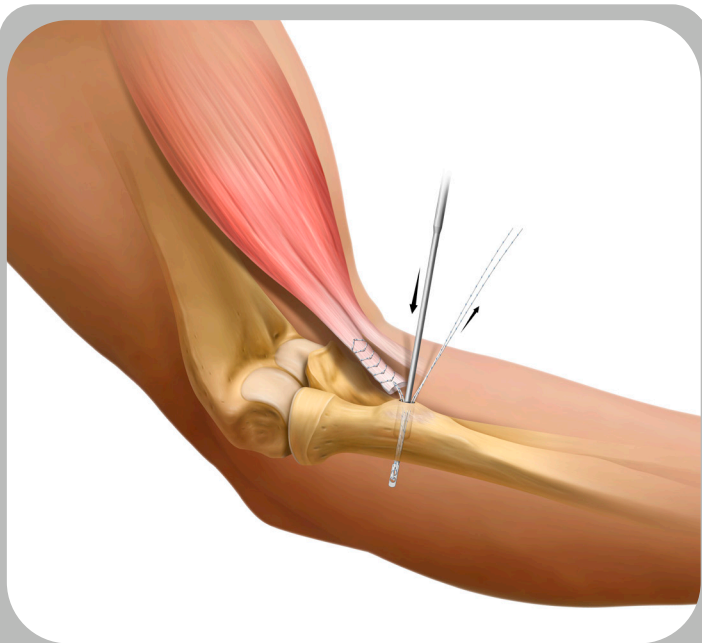
step  
**5**

Drill a unicortical tunnel corresponding to the tendon size over the K-Wire.



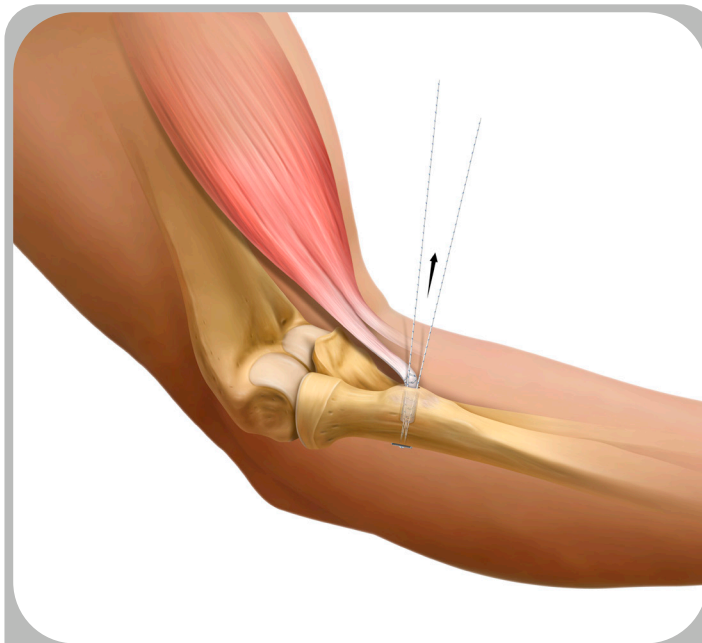
step  
**6**

Drill a bicortical tunnel utilizing the 3.5mm ActiFlip SB Drill Bit over the K-Wire.



step  
**7**

Insert the ActiFlip SB button bicortically utilizing the ActiFlip inserter. Apply light tension to the free sutures and press the button on the handle to release the implant from the insertion instrument. Pull tension on the sutures to ensure the implant is properly fixated in position.



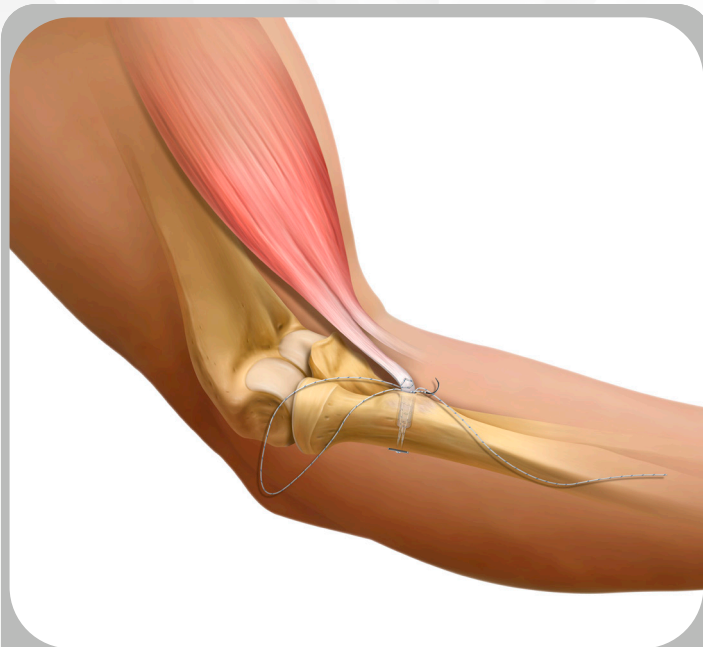
step  
**8**

Pull on the suture limbs until the tendon has reached the desired location in the bone tunnel.



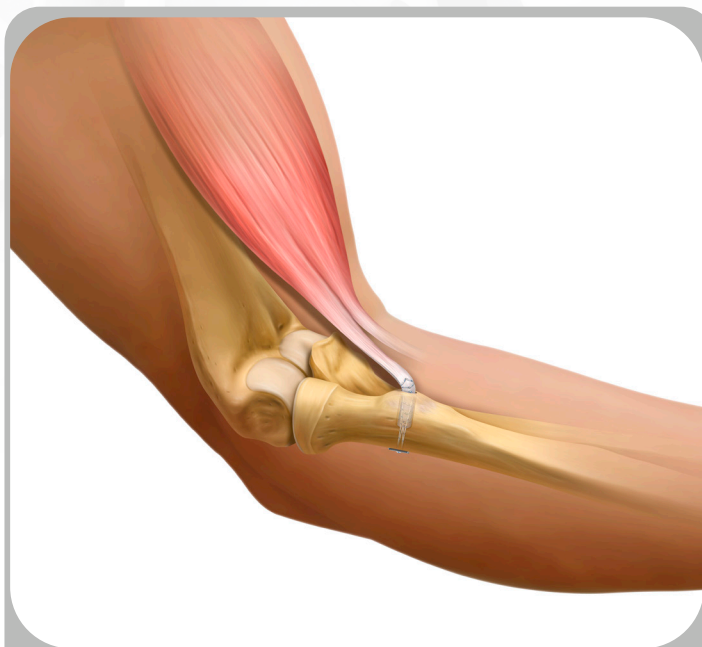
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step  
**9**

Pass one suture limb through the tendon and tie knots to complete fixation.



step  
**10**

Repair complete.



# AcTiFlip

## Biceps Tenodesis System



AcTiFlip is a button fixation system recommended for proximal biceps tenodesis and distal biceps repair. The titanium AcTiFlip button is designed for unicortical and bicortical techniques.

### Features & Benefits

#### AcTiFlip Inserter

- Robust and reliable insertion of the button

#### Retractable finger

- Ability to reload the button if needed

### AcTiFlip Biceps Tenodesis System

Part #	Width of Button (mm)	Length of Button (mm)	Description	Length of Loop (mm)	QTY/Box
11185SB	3	10	AcTiFlip SB, w/1 whip (wht/blu), w/suture passer	-	1

### Instrumentation

Part #	Diameter (mm)	Description	Sterile/Unsterile	Reusable/Single Use
11220	3.5	3.5mm Cannulated Reamer w/ 1.5mm K-Wire, Sterile	Sterile	Single Use
10112	6.0	6mm Cannulated Headed Reamer	Unsterile	Reusable
10113	6.5	6.5mm Cannulated Headed Reamer	Unsterile	Reusable
10084	7.0	7mm Cannulated Headed Reamer	Unsterile	Reusable
10114	7.5	7.5mm Cannulated Headed Reamer	Unsterile	Reusable
10085	8.0	8mm Cannulated Headed Reamer	Unsterile	Reusable
10115	8.5	8.5mm Cannulated Headed Reamer	Unsterile	Reusable
10086	9.0	9mm Cannulated Headed Reamer	Unsterile	Reusable
10127S		Graft Sizing Block, Short	Unsterile	Reusable

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