

BICEPS TENODESIS

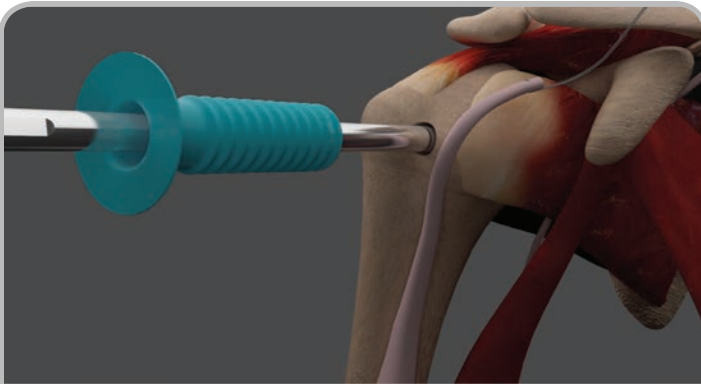
SLiK™ Fix tenodesis system



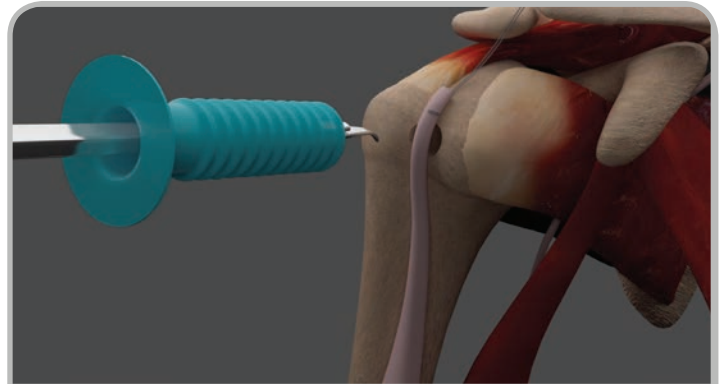
SHOULDER

Surgical Technique Guide

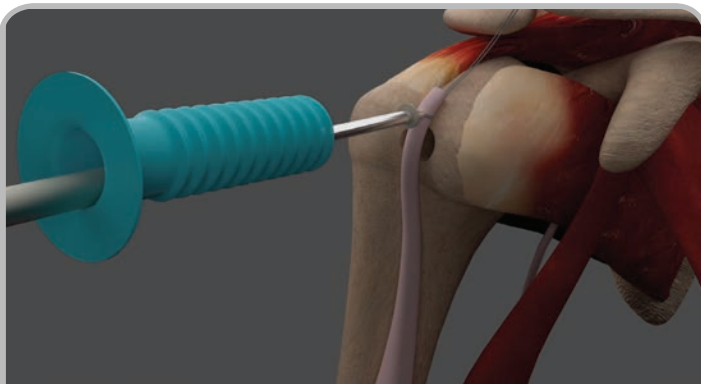
Biceps tenodesis will be demonstrated with the **SLiK Fix** carbon fiber-reinforced PEEK tenodesis screw.



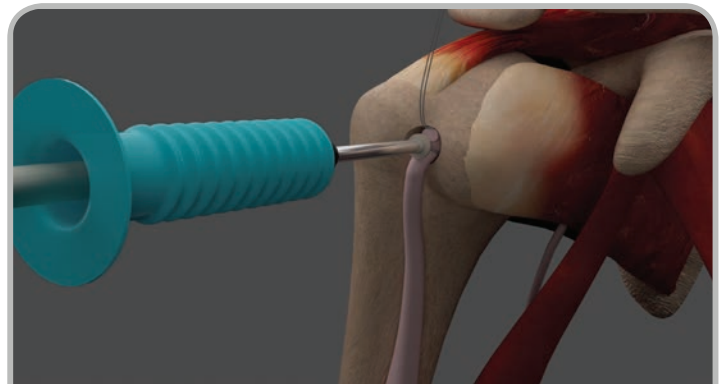
step 1 Place a tag stitch through the biceps tendon and resect the tendon at its insertion. Create a bone socket with the **SLiK Fix** drill bit. Drill to a depth of 20mm.



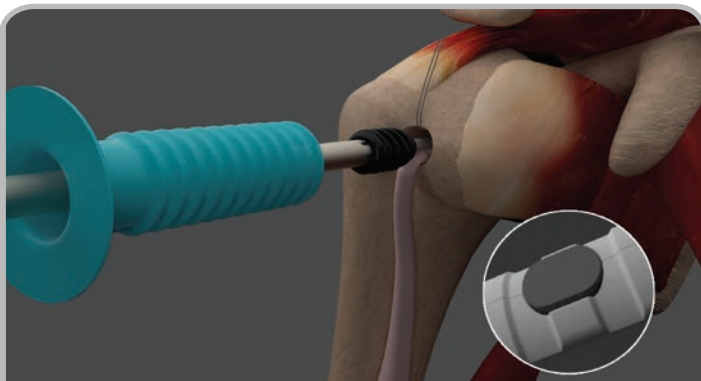
step 2 Place a locking stitch in the biceps tendon and trim excess, leaving a 1-centimeter tail proximally.



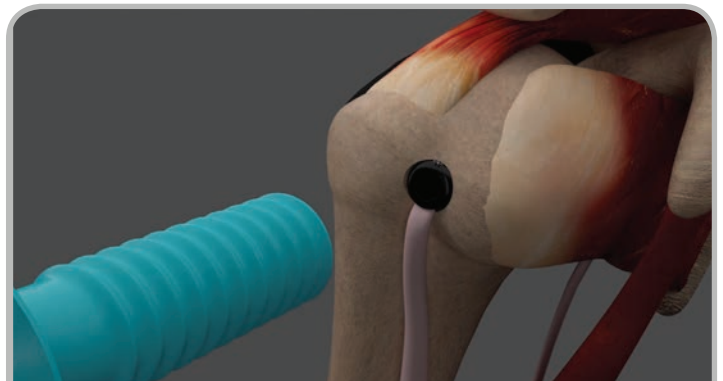
step 3 Use the targeting tip of the **SLiK Fix** to engage the tendon.



step 4 Advance the tendon into the bone socket by applying a downward force on the **SLiK Fix** handle. Seating of the tendon is aided by the PEEK tendon washer.



step 5 Once the tendon is advanced to depth and tension is achieved, press the activation button while maintaining downward pressure to release the inner shaft.



step 6 Insert the **SLiK Fix** screw by applying downward force and rotating clock-wise. Once tendon fixation is achieved, pull straight back to remove the handle and release the tendon washer.