

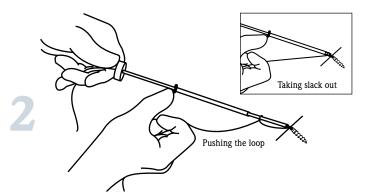
## 6th Finger Knot Pusher Eases Knot Tying

In a study performed by Stephen S. Burkhart, M.D., et. al published in *The Journal of Arthroscopy and Related Surgery*, Oct. 1998, the authors found knot security and suture loop security are equally important to the success of soft tissue repair. The suture loop, if slack (> 3mm) to opposing tissue, is critical to poor tissue healing and repair strength. Various knots and methods were tested in this study including the Arthrex 6th Finger Knot Pusher. Results of the study demonstrated the 6th Finger Knot Pusher was superior in tying the tightest loop size and knot in these surgeons' hands. The key point of this paper is that the loop SIZE of the suture is just as critical as the knot itself.

A braided or monofilament suture length of 36" or longer should be used.

Equalize the length of the two suture limbs. Load one end of the suture through the wire

loop on the end of the threading wire and pull it through the lumen on the 6th Finger Knot Pusher. The suture limb that passes through the lumen is the "post suture" and the other limb is the "loop suture."



To advance each loop, release the tension or pull on the loop suture, then push the loop down the tube with the plastic cylinder. Push the loop for approximately 1 cm, then take the slack out of the loop by pulling on the loop suture. Advancement of the suture occurs by alternately pushing the untensioned loop suture, then tensioning the loop suture to remove the slack. Use the thumb of the dominant hand to push the plastic cylinder. The post suture is tensioned with the non-dominant hand to keep the tip of the lumen on the knot.

Note: Left hand controls tension in the post. Right hand pushes the plastic cylinder which advances each loop down the lumen.

Alternate clockwise throws of the loop suture limb with counterclockwise throws. After two loops have been

thrown in alternating directions, remove the suture limb from the lumen and thread the opposite suture limb into the lumen to alternate the post suture. Lock the suture knot with subsequent throws. NOTE: We recommend 5 or 6 throws for each knot.

"Past Pointing"
(running the tip of the knot pusher past the knot to tension the limbs at 180° to each other) after each throw will tighten the knot firmly against the soft tissue.

After making the last throw and tightening the knot by "past pointing", the completed knot is ready to cut.

Past pointing