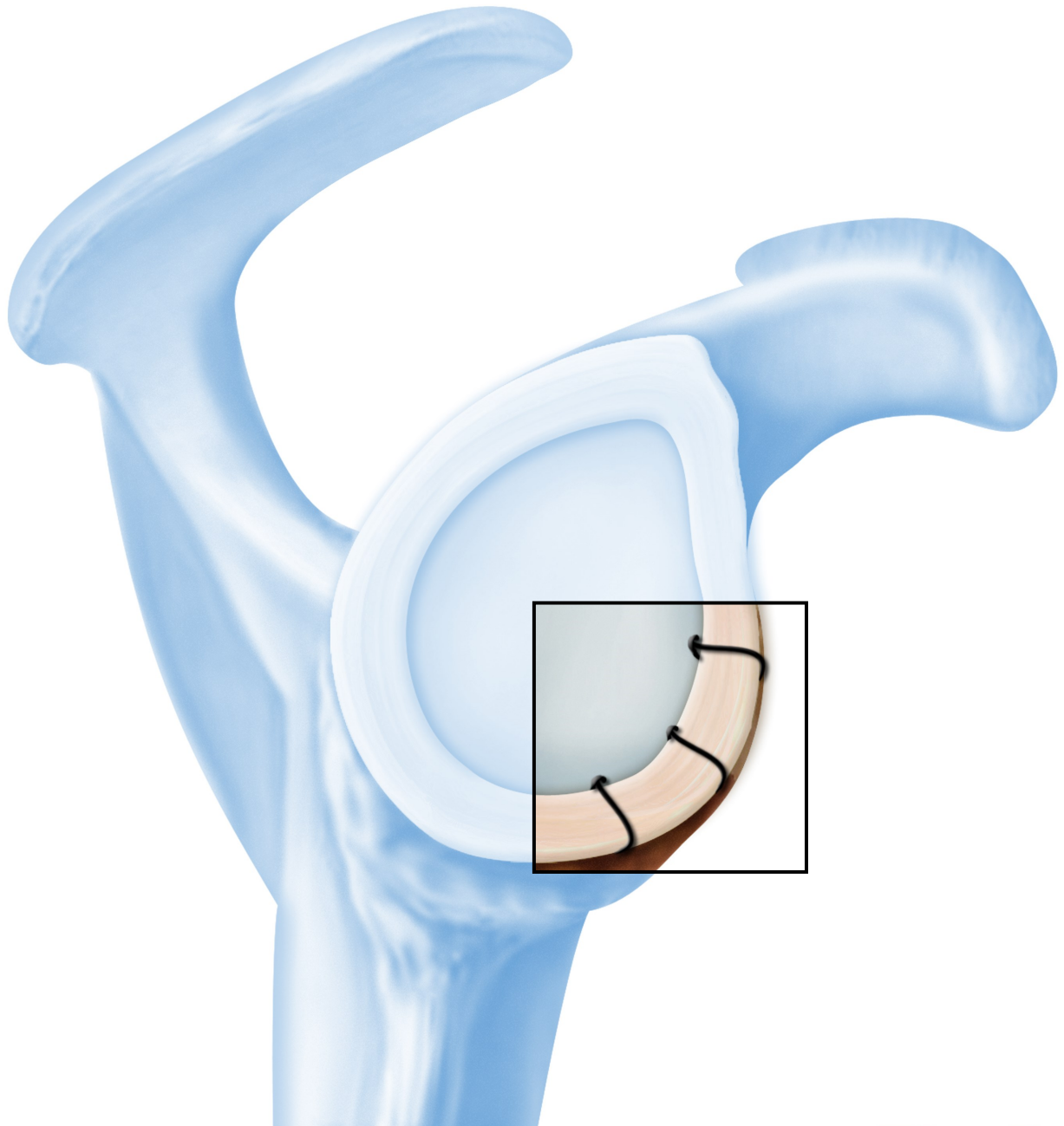


# Glenoid Labral Repair Surgical Technique Using **FIBERFIX™** Push-In Suture Anchor



## 1. Preparing the Glenoid

The shoulder is prepared for arthroscopic surgery using standard methods to place portals in typical locations. The glenoid is visualized using an arthroscope and prepared using an arthroscopic shaver and/or rasp (Figure 1).

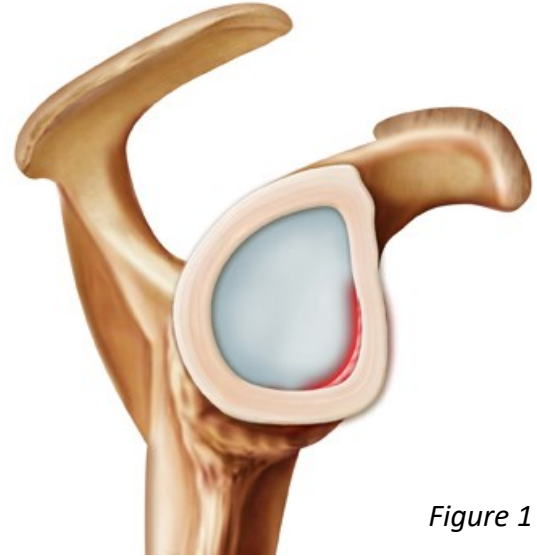


Figure 1

## 2. Passing the Suture

Place a suture through the labrum or capsule according to the surgeon's preference (Figure 2). Pull the two ends of the suture back out through the cannula to prevent loss of the suture.

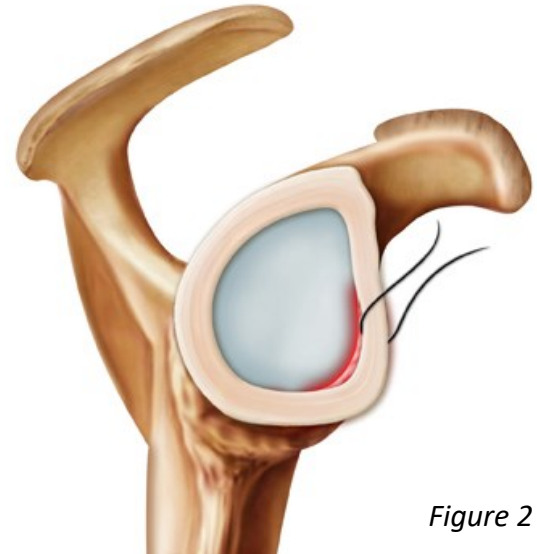


Figure 2

## 3. Drilling the Hole

Place a guide through the cannula for placement of the drill and anchor. Once positioned in the desired location for anchor placement, maintain gentle pressure to prevent slipping off the glenoid. Insert the drill through the guide, and begin running the drill before it reaches the bone. Drill a pilot hole for the suture anchor to the proper depth, ensuring firm pressure on the guide to prevent slippage or rotation. Remove the drill once the pilot hole has been created (Figure 3).

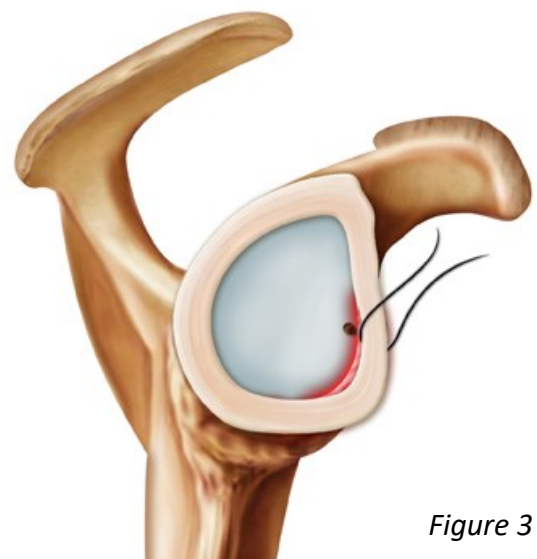


Figure 3

## 4. Preparing the Anchor

Capture the ends of the suture that was threaded around or through the labrum with the prongs of the suture anchor. Place the suture anchor and driver through the guide, taking care that the suture remains between the prongs. Before engaging the anchor with the bone, ensure that the suture has been tightened to an appropriate degree (Figure 4). If the pre-threaded suture is not required for additional fixation, it can be removed from the anchor by pulling on one side.

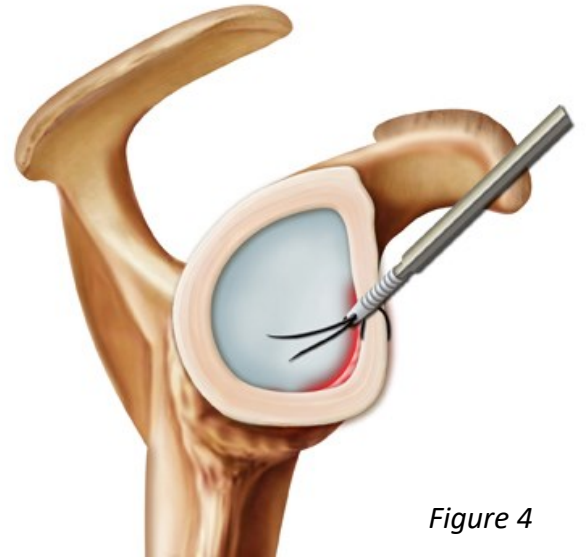


Figure 4

## 5. Inserting the Anchor

Insert the anchor into the bone by gently tapping on the driver handle until the anchor is completely seated within the bone and at the appropriate depth (Figure 5). Continue to ensure the appropriate tension of the suture on the labrum until the suture is completely secured by the suture anchor. Clip the suture flush with the surface using a suture cutter. If additional fixation is needed, the pre-threaded suture may be passed through the soft tissue.

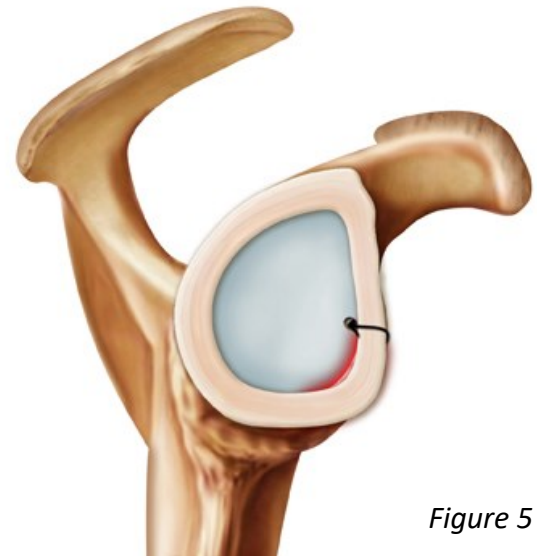


Figure 5

## 6. Final Repair

Repeat steps 1—5 as deemed appropriate by the surgeon and the size of the injury in order to complete the repair.

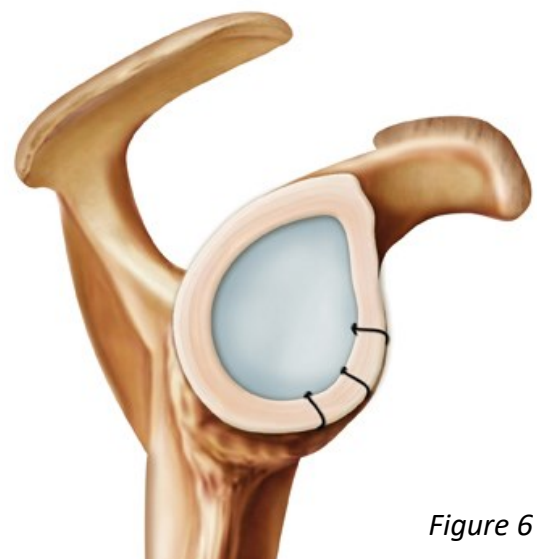


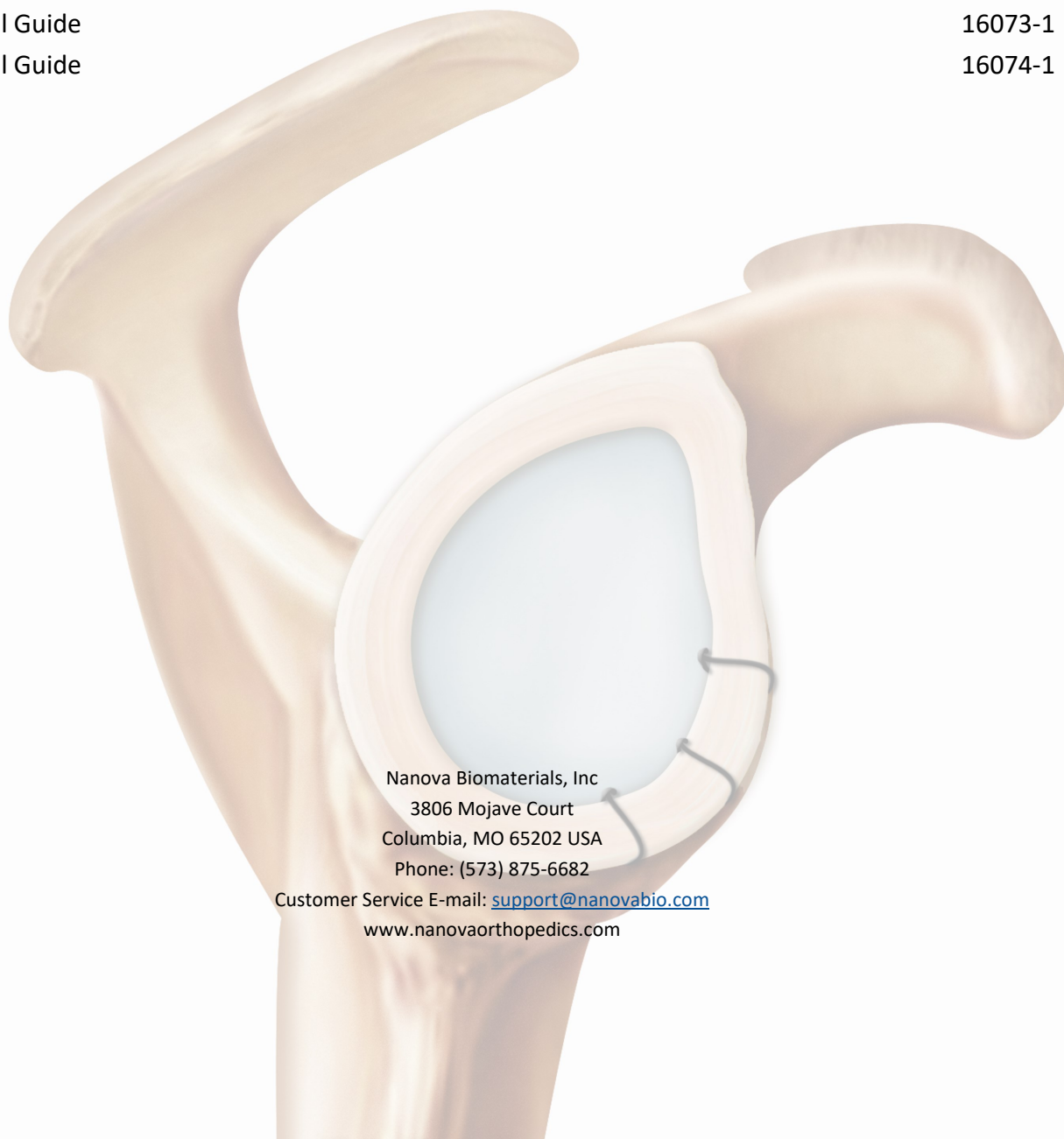
Figure 6

## Nanova Push-In Suture Anchors:

2.5 mm Push-In Suture Anchor	16012-1
3.5 mm Push-In Suture Anchor	16013-1

## Nanova Push-In Suture Anchor Instrumentation:

2.5 mm Drill Bit	16022-1
3.5 mm Drill Bit	16023-1
4.5 mm Drill Bit	16024-1
2.5 mm Drill Guide	16072-1
3.5 mm Drill Guide	16073-1
4.5 mm Drill Guide	16074-1



Nanova Biomaterials, Inc  
3806 Mojave Court  
Columbia, MO 65202 USA  
Phone: (573) 875-6682

Customer Service E-mail: [support@nanovabio.com](mailto:support@nanovabio.com)  
[www.nanovaorthopedics.com](http://www.nanovaorthopedics.com)