Thumb UCL Repair with *InternalBrace™* Ligament Augmentation

Surgical Technique
Introduction
Ulnar collateral ligament (UCL) tears of the thumb are common injuries. When the tear results in pain and instability, surgical repair offers a predictably successful outcome. Augmenting the repair with an Internal Brace ligament augmentation results in a strong construct that allows for early motion and limited postoperative immobilization.* This technique is reproducible and intuitive in design.

Contraindications
Contraindications to this technique are painful arthritis of the thumb metacarpophalangeal joint, cysts or hardware within the metacarpal or proximal phalanx that would prevent satisfactory anchor placement, open physes and infection.

*Data on file
Using the blue depth stop, overdrill the guidewire in the proximal phalanx with the silver drill bit. The drill will stop at a depth of 1 cm.

Overdrill the guidewire in the metacarpal head using the same drill and depth stop.

Load a 3-0 or 4-0 FiberWire® suture and a SutureTape onto the forked eyelet of the 3.5 mm DX SwiveLock® SL anchor. LabralTape® suture can also be substituted for SutureTape suture if preferred.

Note: According to surgeon preference, a Mini PushLock® anchor can be substituted for a DX SwiveLock SL anchor for placement in the proximal phalanx. See alternative technique.

Insert the loaded DX SwiveLock SL anchor into the drill hole at the proximal phalanx.
Take both limbs of the SutureTape and pull them proximally over the repaired ligament. Capture the SutureTape with a second SwiveLock® anchor and insert it into the drill hole at the metacarpal head. To avoid overtensioning the SutureTape, place the second SwiveLock anchor with the joint held flexed at 30°. Cut the remaining SutureTape and FiberWire sutures flush to finish the knotless **InternalBrace™** ligament augmentation repair.

Tag stitch the remaining UCL ligament with the FiberWire® suture and tie down to perform the direct repair.

*Note: A free needle can be used to bring the second limb of FiberWire suture through the ligament, allowing the surgeon to position the knot stack on top of the ligament.*

Final fixation.

**Post-op Protocol**

Postoperatively, the thumb is placed into a thumb spica splint for comfort. Mobilization of the thumb can begin at the first postoperative visit (7-10 days post-surgery) or earlier, depending on surgeon preference. A hand-based custom orthosis may be used as needed. Return to full activities is anticipated at 4-6 weeks post-surgery.
Thumb UCL Repair with *InternalBrace™* Ligament Augmentation (Alternative Options)

**Option A:** For a knotless repair with *InternalBrace* ligament augmentation, perform steps 1-4 as described in the general technique before transitioning to the alternate steps listed here. After alternate step 6, finish the procedure with general steps 8 and 9 as described previously.

### Step 5
Tag stitch the remaining ligament with 3-0 of 4-0 FiberWire® suture of choice.

### Step 6
Load SutureTape onto the forked eyelet of the 3.5 mm DX SwiveLock® SL anchor. Load the FiberWire suture used to tag stitch the UCL onto the forked eyelet of the SwiveLock anchor and insert into drill hole at the proximal phalanx. After this alternate step, follow steps 8 and 9 in the general technique to complete the *InternalBrace* ligament augmentation repair.

**Option B:** For patients with smaller anatomy, a Mini PushLock® anchor can be substituted for the 3.5 mm DX SwiveLock SL anchor for fixation in the proximal phalanx.

### Step 5
A 1.8 or 2.0 mm drill is used with the accompanying drill guide to create a hole in the proximal phalanx. The SutureTape and FiberWire suture are passed through the eyelet of the PushLock anchor. The PushLock anchor is inserted into the proximal phalanx. Steps 7-9 in the general technique are performed as stated above to finish the technique.

### Step 9
Final repair showing Mini PushLock anchor fixation in the proximal phalanx and SwiveLock fixation in the metacarpal.
Ordering Information

Hand and Wrist Internal Brace™ Ligament Augmentation Repair Convenience Kit (AR-8978-CP) includes:
- DX SwiveLock® SL Anchor, 3.5 mm x 8.5 mm, with forked eyelet, qty.2
- Drill Bit, cannulated, 3.0 mm (for all-suture constructs)
- Drill Bit, cannulated, 3.5 mm (for constructs with graft incorporation)
- Guidewires, 1.35 mm with laser marking, qty.3
- Tendon Sizer, 2.0 mm/2.5 mm
- 2-0 FiberLoop® suture with tapered needle, qty.2
- SutureTape

This description of technique is provided as an educational tool and clinical aid to assist properly licensed medical professionals in the usage of specific Arthrex products. As part of this professional usage, the medical professional must use their professional judgment in making any final determinations in product usage and technique. In doing so, the medical professional should rely on their own training and experience and should conduct a thorough review of pertinent medical literature and the product's Directions For Use. Postoperative management is patient specific and dependent on the treating professional’s assessment. Individual results will vary and not all patients will experience the same postoperative activity level or outcomes.

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