ArthroBox™
Arthroscopic Triangulation Training System

Begin Your ArthroBox Training

www.arthrobox.com
The ArthroBox™ skills training kit is a fully integrated arthroscopy video camera, scope and LED light source that just plug into your laptop as a monitor with a modular, enclosed fixture to practice a variety of arthroscopic surgical skills and techniques. The very affordable ArthroBox system is fully transportable with interchangeable skill plugs.

Enhance your triangulation skills by reorienting the probe and camera position according to the illustrations below, while working through some manipulations (tasks). The following illustrations refer to right hand dominant users. Left hand dominant users will have to make necessary adjustments to invert probe and/or camera when following the below illustrations.

Note: ArthroBox contents are for training use only.
START OUT BY...

...INSERTING THE PEG BOARD INTO THE ARTHROBOX™.

Run through each task for scope and probe positioning 1 through 4 first as illustrated on the page before. Once completed repeat each task for scope and probe positioning 5 through 8 followed by 9 and 10.

Task 1: Remove rubber bands from ArthroBox and place them back on the posts

Task 2: Move rubber bands from peg to peg

- Start by moving in clockwise motion followed by counterclockwise releasing the rubber band with the probe so that it is around a peg before proceeding.
- Add the second rubber band to the adjacent post. Move rubber bands between pegs in the same plane.

Task 3: Create (+)

- Pull each of the rubber bands from one post to the opposite side so that they cross each other.

Task 3: Switch Places

- Start with the rubber bands in the crossed position (+). Remove the rubber bands from the posts and switch places in the crossed position.

Task 4: Arrow (→)

- Start with the rubber bands in the crossed position and move one rubber band to create an arrow (+) to (→). Repeat for each post, then return to a cross position (+).

Task 4: Letter M

- Start with the rubber bands in the crossed position (+). Move one rubber band at a time to create the letter “M”. Then, return to the original crossed position.

Task 5: Box (□)

- Start with the rubber bands in the crossed position (+) and create a perimeter box (□). Then return the rubber bands to the crossed position.

Task 6: Stacked Rubber Bands

- Start with the rubber bands stacked on a single post. Take the bottom rubber band and move to the top position without removing the top rubber band.

Task 7: Helix

- The same can be done with the Helix. Changing the orientation of the helix inside the ArthroBox enables you to increase the level of difficulty. Also, moving the rubber band away from the probe portal is more difficult than pulling it towards the probe.
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.