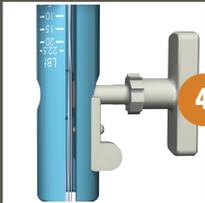


# Instructions for Using the Tensioner with Double Strand TightRope® Suture



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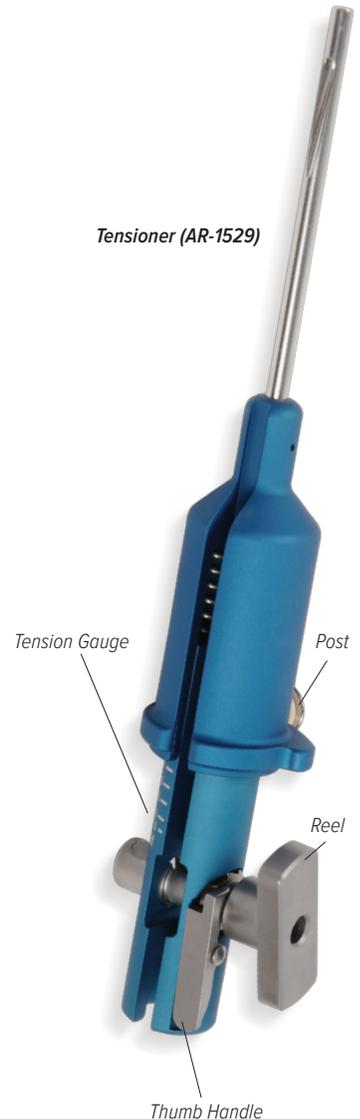
9



10

1. Advance the oval button down to the bone.
2. Take two strands of the same color suture and pass them through the tip of the tensioner and up the shaft, towards the handle.
3. Use the tip of the tensioner to hold the oval button against the bone.
4. Disengage the turn reel by pulling the reel away from the tensioner. The turn reel has a slot cut into it to allow the turn reel to capture the suture.
5. Lay the suture down into the newly exposed groove in the shaft of the handle.
6. Re-engage the reel to capture the suture. Push the thumb handle down to allow the reel to lock back into normal position. Wrap loose strands of FiberTape® suture around post.
7. Slowly start to turn the reel to wind the suture. This starts the tension process.
8. Turn the reel until an appropriate tension has been achieved.
9. You can now let go of the tensioner to check for drawer and ROM. It is recommended that you cycle the knee numerous times to ensure all slack has been removed from the TightRope® suture.
10. Disengage the suture from the tensioner by pressing down on the thumb handle and load the two strands that were previously not tensioned into the tensioner.
11. Repeat steps 2 through 9.
12. If satisfied with the tension, take the two same colored suture limbs that are not in the tensioner and tie a surgeon's knot and then 4 to 6 half hitches.
13. Remove the tensioner by pressing down on the thumb handle and remove from the suture.
14. Check the limb again to ensure you are satisfied with ROM and drawer. If satisfied, tie a knot with remaining same colored limbs and back up with 4 to 6 half hitches.

Tensioner (AR-1529)



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