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## Arthrex mpfl technique guide

Arthrex Anatomical Two-Pack Technique for Medial Patellofemoral Ligament (MPFL) rebuilds the native form of MPFL and provides stability in both bending and expansion. The two-bundle technique also effectively limits rotation across the ROM, helping to minimize post-operation instability. This technique, if performed directly and anatomically, can also provide more aggressive rehabilitation protocols and return to activity sooner.<sup>1</sup> Successful MPFL reconstruction depends on the anatomical placement of the transplant. Our technique involves using a femoral bone mold to ensure proper placement of a transplant into the bone bone. This position provides a static stabilization point that equals tension throughout the graft in bending and expansion, thereby helping to minimize stress throughout the patellofemoral joint. Arthrex offers a 2 MPFL convenience package. The first includes all the disposables and implants needed to perform this technique including two BioComposite SwiveLock 4.75 mm anchors, a 6mm biocomposite interference screw, and proper reamers and guide pins. The second MPFL comfort pack with TightRope stabilization system includes disposable and implant requirements including two 3.5 mm BioComposite SwiveLock anchor and TightRope system for femoral stabilization, along with suitable reamers and guide pins. Reference 1. Schöttle PB, Hensler D, Imhoff AB. Anatomically two MPFL regeneration bundles with diaphragm fixation. *Knee Surgery Sport Traumatol Arthrosc.* 2010;18(2):147-151. doi:10.1007/s00167-009-0868-z. Page 2 Of

Arthrex Anatomical Two Technique Bundle for Medial Patellofemoral Ligament (MPFL) rebuilds the re replication of the native form of MPFL and provides stability in both bending and expansion. The two-bundle technique also effectively limits rotation across the ROM, helping to minimize post-operation instability. This technique, if performed directly and anatomically, can also provide more aggressive rehabilitation protocols and return to activity sooner.<sup>1</sup> Successful MPFL reconstruction depends on the anatomical placement of the transplant. Our technique involves using a femoral bone mold to ensure proper placement of a transplant into the bone bone. This position provides a static stabilization point that equals tension throughout the graft in bending and expansion, thereby helping to minimize stress throughout the patellofemoral joint. Arthrex offers a 2 MPFL convenience package. The first includes all the disposables and implants needed to perform this technique including two BioComposite SwiveLock 4.75 mm anchors, a 6mm biocomposite interference screw, and proper reamers and guide pins. The second MPFL comfort pack with TightRope stabilization system includes disposable and implant requirements including two 3.5 mm BioComposite SwiveLock anchor and TightRope system for femoral stabilization, along with suitable reamers and guide pins. Reference 1. Schöttle PB, Hensler D, Imhoff AB. Anatomical Rebuild mpfl with brokerage fixation. *Knee Surgery Sport Traumatol Arthrosc.* 2010;18(2):147-151. doi:10.1007/s00167-009-0868-z. 8, No. 5, May 2019, e513-e520View Abstracts the use of cookies this website uses its cookies and cookies from analytical services to provide its services, personalize advertising, and analytics. Data about your use of this website will be passed on to analytical service providers. By agreeing to the use of these cookies, you also consent to the processing by cookies. You can revoke this consent at any time and delete cookies at any time. For more information, look at our data privacy statement. Below you can either accept all cookies and go directly to our website or edit cookie settings individually. The required cookies are always required to enable these cookies to function on our website and cannot be disabled on our systems. Typically, these cookies are only set to respond to a service request in response to actions you take, such as setting privacy preferences, signing up and completing forms. You can set up your browser to block these cookies or let you know. This may cause some areas of the site not to work. The function of active cookies with these cookies, we can determine the number of visitors and identify traffic sources to help us determine and improve the performance of our site. They help us identify which pages are most popular, which are the least used, and how visitors move around the site. If you do not allow these cookies, we do not know when you visited our website. Performance cookies may be set by us or third parties that use their services on our sites. For more information about third-party vendors we work with, read the data collection section when visiting our website in our data privacy statement. Active functional cookies enable these cookies to provide advanced functionality and customization. For example, your language settings are stored as functional cookies. Cookies.

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