

# Do your next **distal** tendon repair with . . . THE LUBBERS TECHNIQUE.

Proximal Anchor Installed



Hole Through Distal Phalanx to Pass Suture



X-ray of Completed Repair



X-ray of Healed Repair  
After Endo Button Removal



## The Lubbers Technique.

It utilizes the Teno Fix<sup>®</sup> System to repair Zone I avulsions and distal Zone II lacerations. The soft tissue anchor provides stable fixation while the tendon heals at normal length to its insertion.

By Teno Fix<sup>®</sup> Inventor:  
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## Here's how it works.

The Lubbers Technique uses the Teno Fix<sup>®</sup> anchor to gather collagen fibers of the proximal segment. A stainless steel suture is inserted through the anchor and out a hole in the distal phalanx. A bead is placed on top of an endo button to reapproximate the tendon and is removed after healing.

## The result?

- Allows immediate active motion
- No additional increased work of flexion<sup>1</sup>
- A mechanical, repeatable, and stable repair
- Minimal tendon handling
- May be repaired with tendon remaining in the sheath

**TENO FIX<sup>®</sup>**

A new movement  
in tendon repair.

# A new **movement** in distal tendon repair.

## THE LUBBERS TECHNIQUE



1. Create standard tenotomy 1cm from end of the tendon.  
Install Teno Fix® soft tissue anchor capturing collagen fibers.



2. Pass stainless steel suture with needle through anchor and out mid substance of the tendon.  
Close tenotomy with 6.0 suture.



3. Use 22 gauge needle distal to A5 pulley to guide suture/needle through distal tendon segment.






4. Drill through distal phalanx and out nail bed with .045" (1.1mm) k-wire.



5. Use 22 gauge needle to guide suture through phalanx and nail bed.  
Approximate tendon edges with epitendonous stich as needed.



6. Approximate repair and crimp bead on properly sized endo button.  
Cut suture flush with bead.  
After healing, pull up on endo button and cut suture flush with nail.

Item#	Description	Item#	Description	Item#	Description
TF42	 Teno Fix® installation instrument with preloaded anchor	SR20	 Teno Fix® suture pack	SC20	 Teno Fix® crimper with pre-loaded stop bead

For more information,  
call toll free: 866-TENOFIX,  
or visit [www.ortheon.com](http://www.ortheon.com)

**TENO FIX®**

A new movement  
in tendon repair.

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