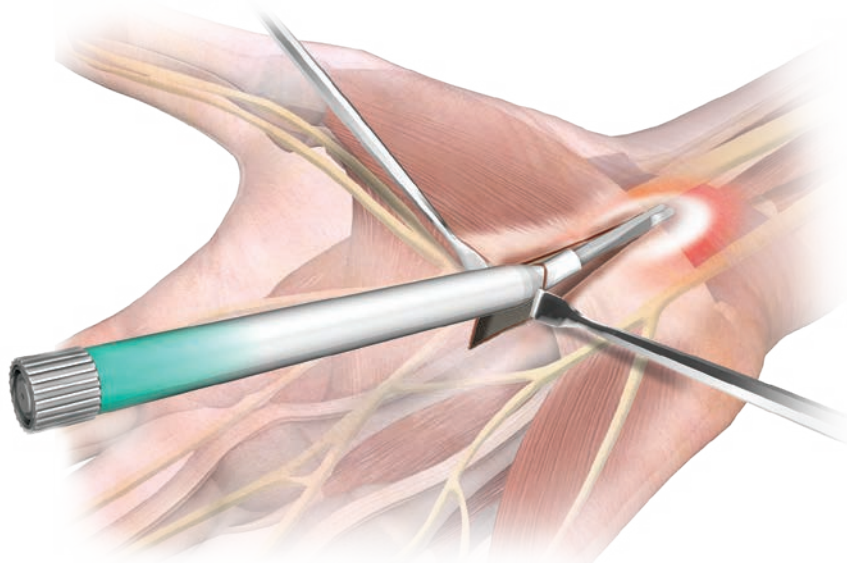


KnifeLight

Carpal Tunnel Ligament Release

Operative technique



KnifeLight

Carpal Tunnel Ligament Release

Contents

Indications & contraindications.	3
Intended use and indications	3
Contraindications	3
Operative technique.	4
Antegrade approach	4
Minimal invasive carpal tunnel release of carpal channel.	4
Operative technique.	6
Retrograde approach	6
Minimal invasive carpal tunnel release of carpal channel.	6

This publication sets forth detailed recommended procedures for using Stryker devices and instruments. It offers guidance that you should heed, but, as with any such technical guide, each surgeon must consider the particular needs of each patient and make appropriate adjustments when and as required.

Please remember that the compatibility of different product systems has not been tested unless specified otherwise in the product labeling.

Consult Instructions for Use (www.ifu.stryker.com) for a complete list of potential adverse effects and adverse events, contraindications, warnings and precautions.

The surgeon must advise patients of surgical risks, and make them aware of adverse effects and alternative treatments.

Indications & contraindications

Intended use and indications

The Stryker Knifelight is a manual surgical instrument used for the release of the carpal tunnel ligament. It features an integrated light source to illuminate the surgical site which allows for a minimally open technique with minimal disturbance of surrounding tissue.

Contraindications

- Tissue adhesion in the carpal tunnel area which may potentially compromise the safe and precise separation of the carpal ligament
- Past infection in the area of the carpal tunnel
- Previous surgical procedure in the area of the carpal tunnel, particularly a previously split carpal ligament with persistent symptoms
- Previous fracture in the area of the carpus or the distal forearm
- Skeletal deformity of the hand caused by rheumatoid arthritis
- Distinct median nerve dysfunction which requires microsurgical epineurolysis
- Nerve damage which is not caused by a compression syndrome in the area of the carpal tunnel
- Moreover, the product is subject to the following general contraindications and limitations:
 - Acute or suspected infection of the hand
 - Compromized vascular flow (e.g. Raynaud's syndrome)



Operative technique

Antegrade approach

Minimal invasive carpal tunnel release of carpal channel

Step 1 - Landmarks and incision

The procedure is performed with the patient supine and the operative hand supported on a hand table. It is usually performed under local anesthesia, however, surgeon preference dictates the type of anesthetic used. The hand is prepped and draped sterilely. A forearm or upper arm tourniquet is used to control bleeding.

Place the hand in extension on a dorsal wrist support and identify the proximal part of the transverse carpal ligament.

A transverse skin incision of 1-2 cm is made at the proximal palmar wrist crease.



Step 2 - Dissection

Dissect the antebrachial fascia just ulnar to the palmaris longus tendon and expose the median nerve proximally to its admittance to the carpal tunnel. A scissors-dissector with a blunt-atraumatic tip is inserted specifically to the carpal ligament to dissect aponeurotic tissues.

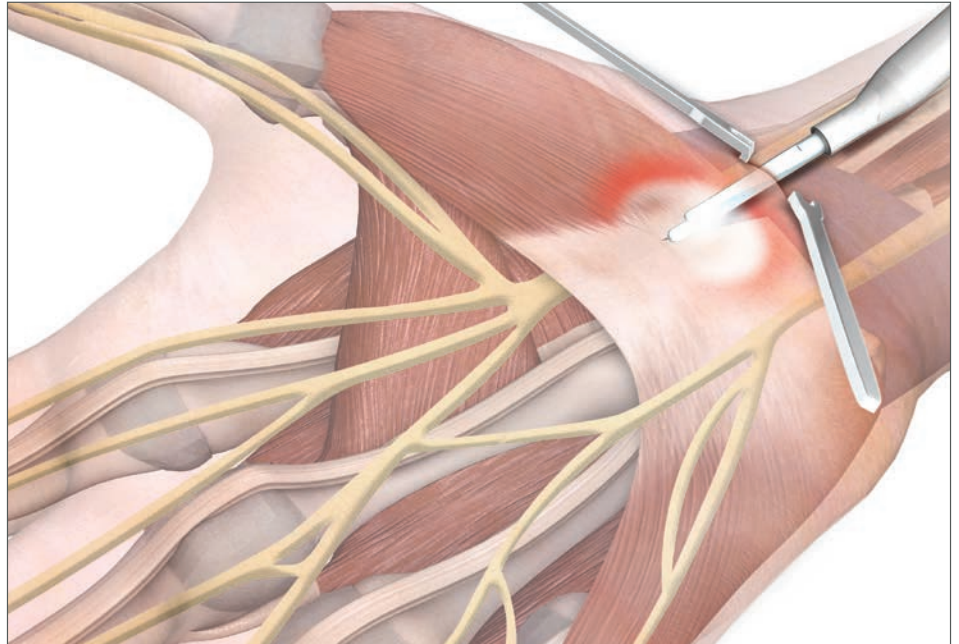


Operative technique

Antegrade approach

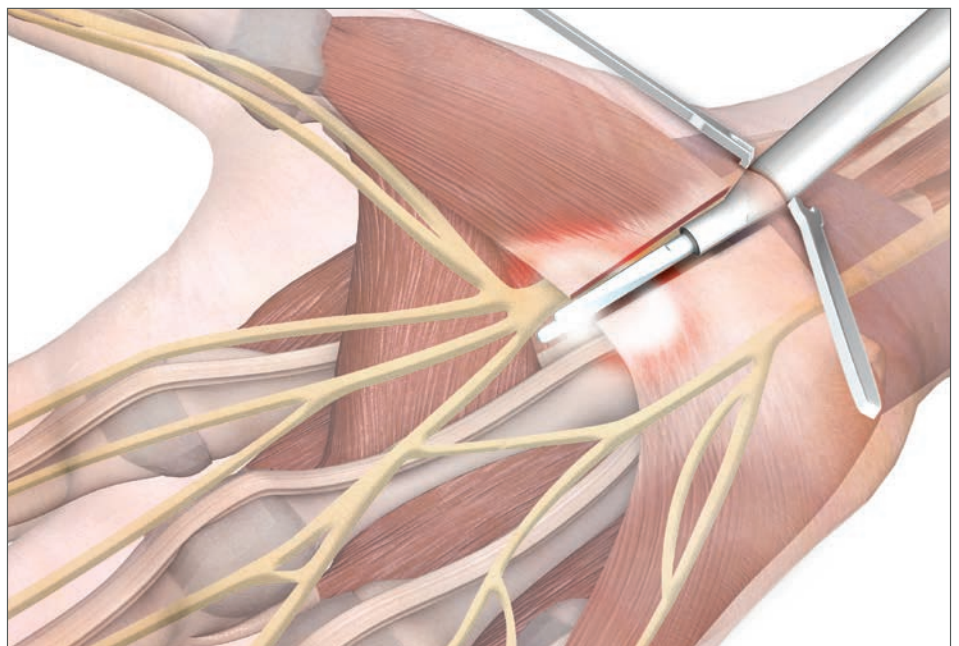
Step 3 - KnifeLight insertion

Illuminate the KnifeLight and the area, keep the transverse carpal ligament between the two short and longer protective protruding edges of the tip with the longer skid deep into the ligament aiming distally toward the third interdigital crease.



Step 4 - Release of carpal ligament

Gently push the KnifeLight forward in a continuous way aiming distally toward the third interdigital crease until the ligament is completely divided. A spot light will become visible under the skin in the palmar region. A probe or a blunt dissector is inserted into the carpal tunnel to make sure the carpal tunnel is completely decompressed.



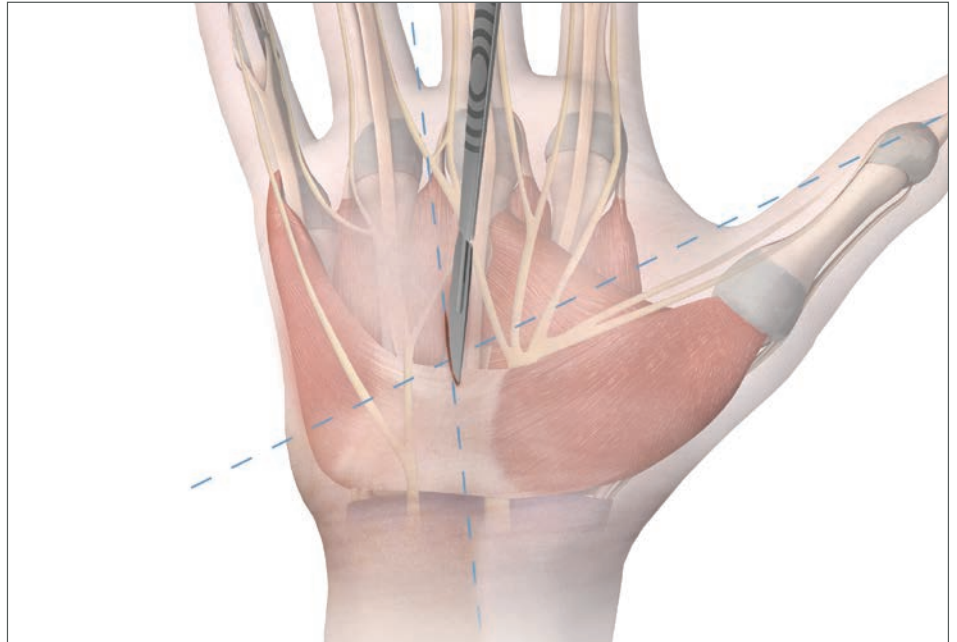
Operative technique

Retrograde approach

Minimal invasive carpal tunnel release of carpal channel

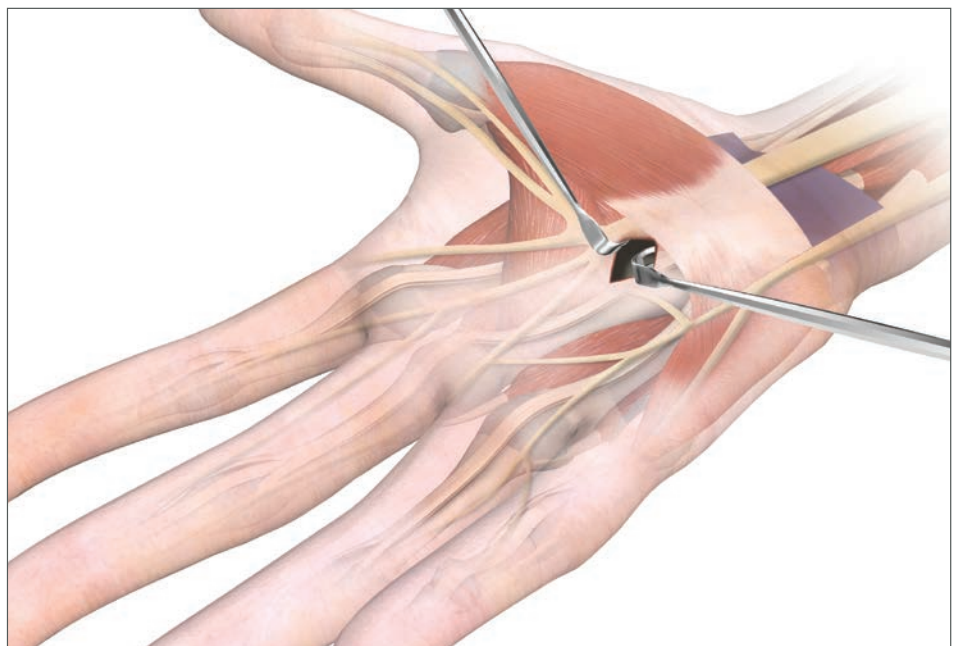
Step 1 – Landmarks and incision

The procedure is performed with the patient supine and the operative hand supported on a hand table. It is usually performed under local anesthesia, however, surgeon preference dictates the type of anesthetic used. The hand is prepped and draped sterilely. A forearm or upper arm tourniquet is used to control bleeding. An incision is made at the junction of Kaplan's line and the radial border of the ring finger. This places the incision of the distal end of the transverse carpal ligament (TCL).



Step 2 – Dissection

Deeper dissection is facilitated using small hand-held or self retaining retractors. Proximally placed Ragnell retractors retract subcutaneous fatty tissue. Under direct visualization, the distal end of the TCL is divided exposing the contents of the carpal canal.

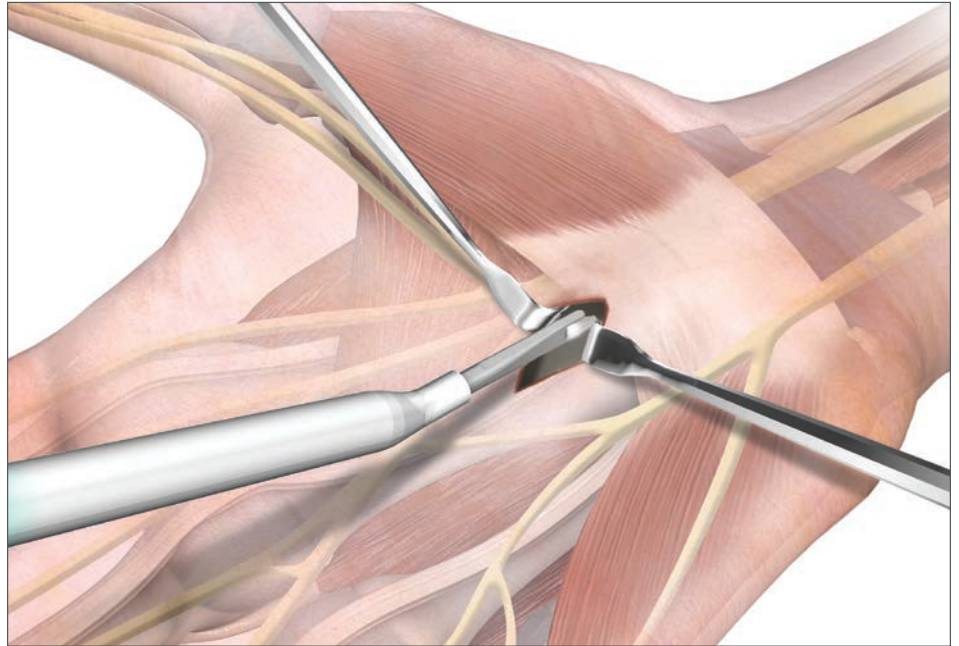


Operative technique

Retrograde approach

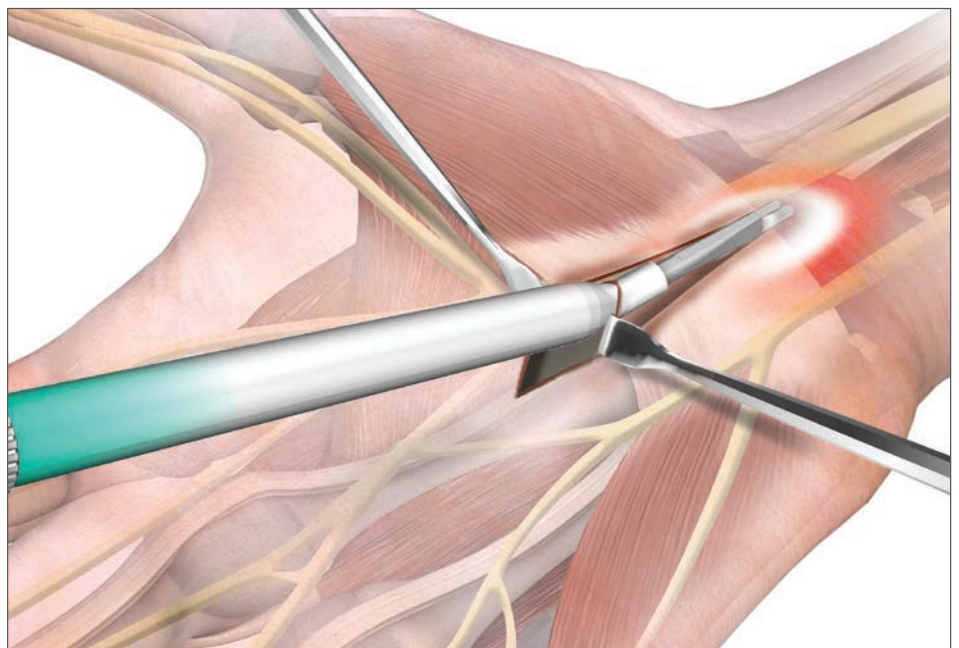
Step 3 – KnifeLight insertion

A hemostat is used to bluntly clean the contents of the canal from the undersurface of the ligament. Illuminate the KnifeLight and the area, keep the transverse carpal ligament between the two short and longer protective protruding edges of the tip with the longer skid deep into the ligament aiming proximally.



Step 4 – Release of carpal ligament

The KnifeLight is advanced proximally enabling the KnifeLight blade to engage the TCL. Gentle continual forward pressure is applied as the blade transects the ligament. There should be minimal resistance encountered. Forceful advancement of the KnifeLight is not recommended. At no time should the KnifeLight be retracted distally and re-advanced as this greatly increases the chance of accidentally transecting vital structures.



This document is intended solely for the use of healthcare professionals. A surgeon must always rely on his or her own professional clinical judgment when deciding whether to use a particular product when treating a particular patient. Stryker does not dispense medical advice and recommends that surgeons be trained in the use of any particular product before using it in surgery.

The information presented is intended to demonstrate a Stryker product. A surgeon must always refer to the package insert, product label and/or instructions for use, including the instructions for cleaning and sterilization (if applicable), before using any Stryker product. Products may not be available in all markets because product availability is subject to the regulatory and/or medical practices in individual markets. Please contact your Stryker representative if you have questions about the availability of Stryker products in your area.

The Instructions for Use, Operative Techniques, Cleaning instructions, patient information leaflets and other associated labeling may be requested online at www.ifu.stryker.com or www.stryker.com. If saving the Instructions for Use, Operative Techniques, Cleaning instructions from the above mentioned websites, please make sure you always have the most up to date version prior to use.

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