Innovative Solutions for Hip Arthroscopy

- Joint Access
- Hip Arthroscopy Instruments
- Capsular & Labral Repair
- Arthroscopic Suture Passing
- Tissue Resection & Ablation
- Fluid Management Accessories
For over 25 years, Arthrex has maintained its dedication to one simple goal:

Responding to the needs of orthopaedic surgeons by helping make technically demanding surgical procedures simpler, safer and reproducible.

Arthrex is committed to the advancement of hip arthroscopy through technique and product innovation. Together with surgeons, Arthrex has developed a comprehensive line of products to address the challenges of hip arthroscopy. The hip distraction and arthroscopic instrumentation systems have been designed to minimize the time and effort necessary to access the hip joint and enable surgeons to safely and effectively treat pathology.

“Hip arthroscopy is the new frontier of sports medicine, with unique differences from other joints. To perform a high volume of hip arthroscopy, the surgeon needs tools to make surgery reliable and reproducible. Arthrex has embraced the unique aspects of the field by developing a portfolio of arthroscopic equipment specifically designed to meet the challenges and opportunities of the hip. This equipment makes it faster and easier to perform arthroscopic labral refixation, FAI decompressions, capsular plications, and a host of other procedures. Hip arthroscopy is an exciting field, and being well-equipped makes all the difference.”

Benjamin G. Domb, M.D.
Loyola University Chicago
Hinsdale Orthopaedic Associates
Chicago, IL
**Hip Arthroscope Set (AR-6575S)**

The Hip Arthroscope Set was designed with a clear focus on accurate and safe hip joint access during hip arthroscopic procedures. This comprehensive set of instruments includes 30° and 70° arthroscopes with inflow/outflow sheaths, as well as an innovative cannula-bridging system designed with a quick connect locking cannula system that allows quick portal switching.

The included metal cannulas, in sizes from ø4.5 mm - ø6.5 mm, in half millimeter increments, feature an anatomy-conforming and atraumatic rounded tip design and are color-coded to match their respective blunt tip cannulated obturator. The obturators facilitate quick and safe insertion over a flexible guide wire. The atraumatic metal open cannula system includes tapered and blunt tips with a detachable handle, so that the cannulas can be left in place in the portal, without the handle getting in the way.

The set also includes long cannulated 4 mm Switching Sticks and an ergonomic set of telescoping Portal Dilation Sleeves that facilitate creating or maintaining portals.

<table>
<thead>
<tr>
<th>Item Description</th>
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<tr>
<td>Hip Length Cannula 4.5 mm, fenestrated, qty. 2</td>
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<td>Tear Drop Handle</td>
<td>AR-2001</td>
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<td>Portal Dilation Handle</td>
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<td>Portal Dilation Sleeve, 4 mm</td>
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<td>70° Scope</td>
<td>IR0070</td>
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<td>Obturator, Blunt, For 6 mm Sheaths, qty. 2</td>
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<td>Hip Length 2-Valve Bridge</td>
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<td>Hip Arthroscope Instrument Case</td>
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Hip Arthroscopy Disposables Kit w/Cannulas

This kit contains all of the essential disposables to perform hip arthroscopy along with cannulas that allow the surgeon a clear view of instruments and sutures while maintaining their position. The kit includes two 8.25 mm x 9 cm clear Partially Threaded Cannulas, two 8.25 mm x 11 cm clear Partially Threaded Cannulas, two 17-gauge spinal needles, two 1.1 mm guide pins, a 35 cc syringe, a long handled Beaver blade for capsular or psoas tendon release, a ruler and a marking pen.

Hip Arthroscopy Disposables Kit w/Knife Blades

This kit contains all of the essential disposable items to perform hip arthroscopy including specially designed curved and hook knife blades that facilitates capsular cutting and labral takedown. The kit also includes three 14 gauge spinal needles, three 1.5 mm Nitinol guide pins, a 35 cc syringe, a ruler and a marking pen. The knife blades are to be used with the Universal Knife Handle.

Hip Arthroscopy Disposables Kit w/Cannulas

This kit contains all of the essential disposables to perform hip arthroscopy along with cannulas that allow the surgeon a clear view of instruments and sutures while maintaining their position. The kit includes two 8.25 mm x 9 cm clear Partially Threaded Cannulas, two 8.25 mm x 11 cm clear Partially Threaded Cannulas, two 17-gauge spinal needles, two 1.1 mm guide pins, a 35 cc syringe, a long handled Beaver blade for capsular or psoas tendon release, a ruler and a marking pen.
Hip Arthroscopy Master Instrument Set (AR-6517S)
The Hip Arthroscopy Master Instrument Set was designed with functionality in mind to complement the vast array of arthroscopic procedures being performed in the hip. It contains a full complement of joint access, tissue resection, grasping, microfracture and suture management instruments. All of the necessary instruments are now at your fingertips when performing diagnostic hip arthroscopy, loose body removal, tissue and bone resection, labral repair, microfracture, capsulotomy, and osteoplasty for femoroacetabular impingement (FAI).

Following joint access, facilitated by one of the Hip Arthroscopy Disposables Kits, the Portal Dilation System atraumatically dilates the thick hip capsule using an ergonomic handle with interchangeable sleeves used sequentially over a guide wire. The two Open Cannulas can be used to facilitate instrument and arthroscope insertion into the joint quickly, once capsular dilation is achieved.

Anatomically-curved Hip Chondro Picks are available to access central and peripheral portions of the acetabulum and the femoral head. The reinforced, sharp tips penetrate with ease and resist inadvertent slipping across bone. Specialized Rasps, angled Tissue Elevators, angled Curettes and curved soft tissue probes allow for access to even the tightest recesses, when preparing for soft tissue repairs or resecting osteophytes.
**Hip Arthroscopy Master Instrument Set (AR-6517S) cont.**

The WishBone™ Hand Instruments are the heart of this instrument set. The ergonomically designed handles work well in either the supine or lateral decubitus position, while reducing hand fatigue. Each has a 220 mm shaft to facilitate joint access in larger patients or while using long cannulas. The punches are offered in a variety of angled tips and shaft angles to reach the furthest recesses of the hip joint. The graspers are designed for loose body retrieval and tissue elevation. Suture passage can be achieved using the BirdBeak® and Penetrator™ Suture Passers, available in multiple angled tip and shaft options. Suture grasping and cutting instruments are included to facilitate suture management during labral repair and reconstruction as well as capsular plication.

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**Not pictured but included in AR-6517S**

- Open Cannula
- Reusable Obturator for 7 mm x 11 cm Cannula
- Reusable Obturator for 8.25 mm x 11 cm Cannula
- Universal Knife Handle

**WishBone Hip Instrument Set also sold separately**

- WishBone Hip Instrument Set
- WishBone Hip Instrument Set Case, 12 slot

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*All these instruments are 220 mm long and have a WishBone handle*

*Sold separately*
Ring-Handled Instrument Set

Hip Arthroscopy Hand Instrumentation (AR-6511S)

The Hip Arthroscopy Hand Instruments were designed with the discriminating surgeon in mind. They offer the same high standard of quality and tactile feel as all of the Arthrex Series I Instruments. Our manufacturing facility has over 20 years of arthroscopic hand instrument design, development and manufacturing experience.

The Hip Arthroscopy Hand Instruments have a 220 mm working length. The punches are offered in a variety of angled tips and shafts to reach the furthest recesses of the hip joint. The graspers were designed for large loose body retrieval commonly encountered in hip arthroscopy.

The NR Series Graspers* have nonlocking handles for ease of use from difficult hand positions encountered during surgery. The SR Series Graspers feature a self-releasing lock mechanism that is easily disengaged as needed by simply moving the handles apart.

Arthrex offers a lifetime guarantee on materials and workmanship on every Series I Instrument.

* The hip length NR Series Graspers in this instrument set can be replaced with the SR Series Graspers upon request, at no additional charge.

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<tr>
<th>Model</th>
<th>Description</th>
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<td>Probe, 4.8 mm Hook Tip, 220 mm Shaft</td>
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<td>AR-20030</td>
<td>Curette, One Side Cut, ø5.4 mm ring, 220 mm</td>
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<td>Punch, Medium Straight Tip, ø3.4 mm Straight Shaft, 220 mm</td>
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<td>AR-15310</td>
<td>Punch, Medium Straight Tip, ø3.4 mm 15˚ up Curved Shaft, 220 mm</td>
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<td>AR-15800</td>
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<td>AR-15810</td>
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<td>AR-16400NR*</td>
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<td>AR-16970SR</td>
<td>KingFisher® Suture Retriever/Tissue Grasper</td>
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<td>AR-2267SR-2</td>
<td>Penetrator Suture Retriever, 15˚ Up Curved</td>
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<td>AR-16794L</td>
<td>Suture Cutter, ø4.2 mm Straight Shaft, open end, left notch</td>
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<td>AR-16975SR</td>
<td>FiberWire Grasper, 220 mm w/SR Handle</td>
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<tr>
<td>AR-16250</td>
<td>Suture Cutter, ø4.2 mm Straight Shaft</td>
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Additional Instruments for Joint Access

**Cannulated Obturators**
Cannulated Obturators greatly simplify arthroscope insertion into the hip joint by enabling the surgeon to insert the scope sheath directly over a guidewire. Viewing and working portals may then be changed over a guidewire, Switching Stick or cannulated dilator. Cannulated Obturators are available for standard length Olympus, Storz, Dyonics and Stryker style arthroscope systems.

- Cannulated Obturator, Olympus style, 4 mm AR-6505-01
- Cannulated Obturator, Storz style, 4 mm AR-6505-02
- Cannulated Obturator, Dyonics style, 4 mm AR-6505-03
- Cannulated Obturator, Stryker style, 4 mm AR-6505-04

**Open Cannula**
The Open Cannulas allow for quick portal exchange and easy introduction of working instruments into the joint. The sturdy, reinforced steel construct resists bending and the tapered tip eases entry through the capsule. The Open Cannulas are also ideal for passing curved instruments and large loose bodies that will not fit through standard cannulas. The proximal end of the blunt tip Open Cannula has been updated to slope, allowing for fast introduction of instruments.

- Open Cannula (a) AR-6506
- Open Cannula, blunt tip (b) AR-6507
- Metal Open Cannula, tapered w/detachable handle AR-6507-03
- Metal Open Cannula, blunt w/detachable handle AR-6507-04

**Clear Open Cannula**
The Clear Open Cannulas, with detachable handle option, facilitate instrument introduction by allowing the user to freely see the instruments entering the joint, while providing an unrestrained field of view. Manufactured from a shatterproof polycarbonate material, these strong cannulas resist bending failure commonly seen during hip arthroscopy procedures. The tapered and blunt tips may eliminate iatrogenic cartilage damage due to forceful instrument insertion. Each can be used with a variety of quick connect handles that can be removed while the cannula is still in place.

- Clear Open Cannula, Tapered Tip AR-6507-01
- Clear Open Cannula, Blunt Tip AR-6507-02
- Tear Drop Handle AR-2001
Capsular and Labral Repair and Reconstruction

**PEEK and Bio-PushLock™**

The PushLock® knotless soft tissue repair anchor was designed to be used in arthroscopic stability procedures of the femoroacetabular joint. Its revolutionary two-piece design facilitates controlled suture tensioning intraoperatively prior to committing the anchor in bone, allowing for precise tissue reduction. It is available in both bioabsorbable PLLA and nonabsorbable PEEK polymers. PEEK has excellent biostability and biocompatibility characteristics. The PushLock disposables kit includes the necessary drill and drill guide to precisely place the pilot hole on the acetabular rim. Reusable drills and drill guides are also available in hip lengths.

**Implants:**
- Hip PushLock, 3.5 mm x 19.5 mm
- Hip Bio-PushLock, 3.5 mm x 19.5 mm (a)
- PEEK Hip PushLock, 2.9 mm x 15.5 mm (b)
- Hip Bio-PushLock, 2.9 mm x 15.5 mm
- 2.9 mm BioComposite PushLock, 2.9 mm x 15.5 mm

**Required Instruments:**
- Disposables Kit for 3.5 mm PushLock
- Disposables Kit for 2.9 mm PEEK Hip PushLock
- Drill Guide, 3.5 mm Hip, saddle tip, with cannulated trocar
- Drill Guide, 3.0 mm Hip, saddle tip, with cannulated trocar
- Drill Guide, 2.9 mm Hip, fork tip
- Drill Guide, 3.5 mm Hip, fork tip
- Drill for 3.5 mm PushLock
- Drill for 2.9 mm PushLock
- Drill for 2.9 mm PushLock (hard bone)

**SutureTak®**

The Bio-SutureTak is a 3 mm bioabsorbable or nonabsorbable suture anchor made of either PLDLA, PEEK or a BioComposite material consisting of PLDLA and ß-TCP. Its proprietary flexible molded-in suture eyelet technology resists suture abrasion during the knot tying process and self-orients the suture tails during insertion to optimize suture sliding. Simple predrilling, with a 2.4 mm drill through a drill guide provided in the disposables kit, and mallet insertion significantly reduces surgical time and preserves bone stock. Each Bio-SutureTak is available preloaded with either a solid color #2 FiberWire® and/or striped #2 TigerWire® high strength suture which aids in suture management and strand identification during suture passing and knot tying. FiberWire sutures demonstrate superior tensile and knot-break strength as well as abrasion and elongation-resistance when compared to other high strength sutures.

**Implants:**
- Bio-SutureTak Suture Anchor, 3 mm x 14 mm, w/#2 FiberWire (c)
- Bio-SutureTak Suture Anchor, 3 mm x 14 mm, w/ two #2 FiberWire (e)
- Bio-SutureTak Suture Anchor, 3 mm x 14 mm, w/ two #2 TigerTail
- PEEK SutureTak, 3 mm x 12 mm, w/#2 FiberWire (e)
- BioComposite SutureTak, 3 mm x 14 mm, w/ #2 FiberWire (d)
- BioComposite SutureTak, 3 mm x 14 mm, w/ two #2 FiberWire
- BioComposite SutureTak, 3 mm x 14 mm, w/ two #2 TigerTail

**Required Instruments:**
- Disposables Kit for 3 mm Hip SutureTak
- Drill Guide, 3.0 mm Hip, saddle tip, with cannulated trocar
- Drill Guide, 2.9 mm Hip, fork tip
- Step Drill for 3 mm SutureTak
Arthroscopic Suture Passing

**Hip Length SutureLasso™**
The SutureLasso for Hip Arthroscopy has an extended and reinforced shaft that makes them the perfect option for suture shuttling during labral repair and capsular closure procedures, by reaching into the deep recesses of the hip joint, where excessive force is sometimes needed to complete the task. The 220 mm shaft length allows for use down 11 cm and longer cannulas frequently used in hip arthroscopy. Available in 45° right and left curves, crescent and 90° tip variations, each comes with a braided Nitinol shuttle that can be advanced into the hip joint easily using the thumb pad. Each handle is color-coded to correspond to its tip configuration.

- **SutureLasso for Hip Arthroscopy, 45° right curve:** AR-4068-45RH
- **SutureLasso for Hip Arthroscopy, 45° left curve:** AR-4068-45LH
- **SutureLasso for Hip Arthroscopy, crescent:** AR-4068CH
- **SutureLasso for Hip Arthroscopy, 90° straight:** AR-4068-90H

**FiberStick™ and TigerStick®**
The stiff “waxed” end of the FiberStick and TigerStick allows convenient and easy advancement through most cannulated instruments or spinal needles, alleviating the need for a monofilament suture or wire suture shuttle. FiberStick and TigerStick come with a thin plastic tube which protects the stiffened suture end until use.

- **FiberStick, #2 FiberWire, 50” (blue) one end stiffened, 12”** AR-7209
- **TigerStick, #2 TigerWire, 50” (white/black) one end stiffened, 12”** AR-7209T
- **2-0 FiberStick, 2-0 FiberWire, 50” (blue) one end stiffened, 12”** AR-7222
Arthrex CoolCut® Single Use Disposable Blades & Burrs

Arthrex offers a wide range of high quality, single use disposable shaver blades and burrs, in standard and hip length, for all arthroscopic procedures. Made with superior materials, manufacturing processes and workmanship, these products offer uncompromising performance and efficiency during tissue resection and burring applications.

The disposable CoolCut hip length shaver blades and burrs can be inserted with the cutting window in the up or down position in any shaver handpiece version currently offered by Arthrex. Threads molded into the blade and burr hubs allow them to lock onto bridge cannulas for increased maneuverability and fluid management.

The newest hip length additions include the PowerPick XL, the Curved Excalibur and the Curved Round Burrs, all of which are uniquely designed products specifically made to work in conjunction with the APS II shaver system. The PowerPick XL, featuring a 6 mm drill tip, is designed to quickly treat articular cartilage defects using a micro-drilling technique. The Curved Excalibur is Arthrex’s most aggressive tissue resecting shaver blade, now featuring a curved shaft to aid in accessing hard to reach pathology in the hip joint. The Curved Burrs offer a method of resecting bone in a variety of areas through their multiple curve directions and burr sizes. Exemplifying Arthrex’s dedication to innovation in all phases of arthroscopic surgery, these devices are only available through Arthrex and are unparalleled in our field.
Nav-X™ Steerable Monopolar Ablation Probes

The Nav-X Steerable Monopolar Ablation Probes represent the next generation in tissue ablation, coagulation and resection instrument technology for hip arthroscopy procedures. Each device tip can be moved a full 360° – simply by moving the handle in the direction the tip needs to go, mirroring the surgeon’s hand movement. This unique tip motion facilitates treating hard to reach areas of the normally confined hip joint during arthroscopic resection and repair procedures.

Each device tip can also be rotated 360° by simply moving a dial on the handle to orient the tip in a position that is desired without the need to move the handle. A tip-lock option can be engaged when inserting or removing the device to eliminate tip “bend back”, and to stiffen the tip when leveraging tissue within the joint space. All Nav-X Steerable Monopolar Ablation Probes are foot-controlled and are connected to the OPES® Electrosurgical Generator using a reusable Monopolar Cord.

Arthrex CoolCut® Aspirating Ablation Probes

The “CoolCut” line of low profile ablation probes is designed to fit through smaller diameter cannulas typically used in hip procedures. The suction port is positioned through the active electrode face for optimum visualization and ablation efficiency as tissue is drawn toward the active electrode. The varying angled tips, electrode sizes and 130 mm shaft lengths offer the greatest number of choices resulting in optimal ablation control for procedure-specific use.

All CoolCut ablation probes may be used with hand or foot control, based on surgeon preference. With the foot control engaged, the hand control buttons become inactive for patient safety. The ablation probes and packaging are color-coded for rapid identification.
Partially Threaded Cannula System

The twist-in, Partially Threaded Cannulas are manufactured from a clear polycarbonate material that allows uninhibited visualization of instruments and sutures through the cannula walls which helps the surgeon prevent suture entanglement and will allow visualization of arthroscopic knots as they are delivered down the cannula. The cannula has threads only on the distal section of the cannula, allowing the surgeon to quickly adjust the working length of the cannula without having to screw or unscrew the entire length of the cannula.

Partially Threaded Cannula w/No Squirt Cap, 7 mm I.D. x 9 cm
(for use with Reusable Obturator - AR-6578-09) AR-6577-09
Partially Threaded Cannula w/No Squirt Cap, 7 mm I.D. x 11 cm
(for use with Reusable Obturator - AR-6578-11) AR-6577-11
Partially Threaded Cannula w/No Squirt Cap, 8.25 mm x 9 cm
(for use with Reusable Obturator - AR-6541) AR-6575-09
Partially Threaded Cannula w/No Squirt Cap, 8.25 mm x 11 cm
(for use with Reusable Obturator - AR-6576-11) AR-6575-11

Twist-In Cannula System

The translucent Twist-In Cannula allows direct arthroscopic visualization of instruments and suture passing through the cannula. Arthroscopic knot tying is simplified since twisted and tangled sutures can be observed and corrected during arthroscopic knot tying. The threaded design greatly inhibits annoying cannula “fall-out” during instrument removal. Threads can be used to retract the capsule improving arthroscopic visualization. The side port may be used for irrigation inflow or passive outflow, if desired. The tethered luer lock cap eliminates misplaced sterile caps during the procedure.

Twist-In Cannula, 6 mm I.D. x 9 cm
(for use with Reusable Obturator - AR-6546) AR-6545
Twist-In Cannula, 8.25 mm I.D. x 9 cm
(for use with Reusable Obturator - AR-6541) AR-6540

Instrument Cannula

The clear Instrument Cannula is designed to accommodate all Arthrex radio frequency probes as well as most shaver blades and manual instruments. The transparent cannula facilitates arthroscopic visualization of instruments, knot pushers and sutures.

Instrument Cannula, 5.5 mm I.D. x 9 cm AR-6532

Cannula Accessories:
Wissinger Rod, 4 mm AR-3025
Extra Long Switching Stick, 4 mm AR-3026
Dilator, 4 mm AR-6520-4
PassPort Button Cannula™

The PassPort Button Cannulas help maximize visibility and maneuverability inside and outside of the arthroscopic work space. The double-dam one-piece molded design has low profile flanges that seat flush to the skin and soft tissue. These flanges create a stable portal that allows instruments to be inserted and removed, without the concern of cannula loss. They are easily introduced by grasping the inside flange with a curved hemostat and inserting into the incision. Each PassPort is supplied with a 5 mm spacer to ensure the accurate length.

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Articulating Paddle Elevator, w/depth markings
AR-8630

PassPort Insertion Tool (a)
AR-6592P

Fluid Management Accessories

**Maximum joint access for unconstrained instrumentation maneuverability**

**Hip Repair and Resection**

**Trochanteric Compartment**
(Average Sizes: 6 mm x 3 cm, 6 mm x 4 cm, 8 mm x 3 cm and 8 mm x 4 cm)
- Gluteus medius repair
- IT band excision for external snapping hip
- Trochanteric bursectomy

**Peripheral Compartment**
(Average Sizes: 8 mm x 5 cm and 10 mm x 5 cm)
- Femoral neck osteoplasty for FAI

**Central Compartment**
(Average Sizes: 8 mm x 5 cm and 10 mm x 5 cm)
- Acetabuloplasty for FAI
- Labral debridement or reattachment procedures
- Loose body removal
- Iliopsoas release for internal snapping hip