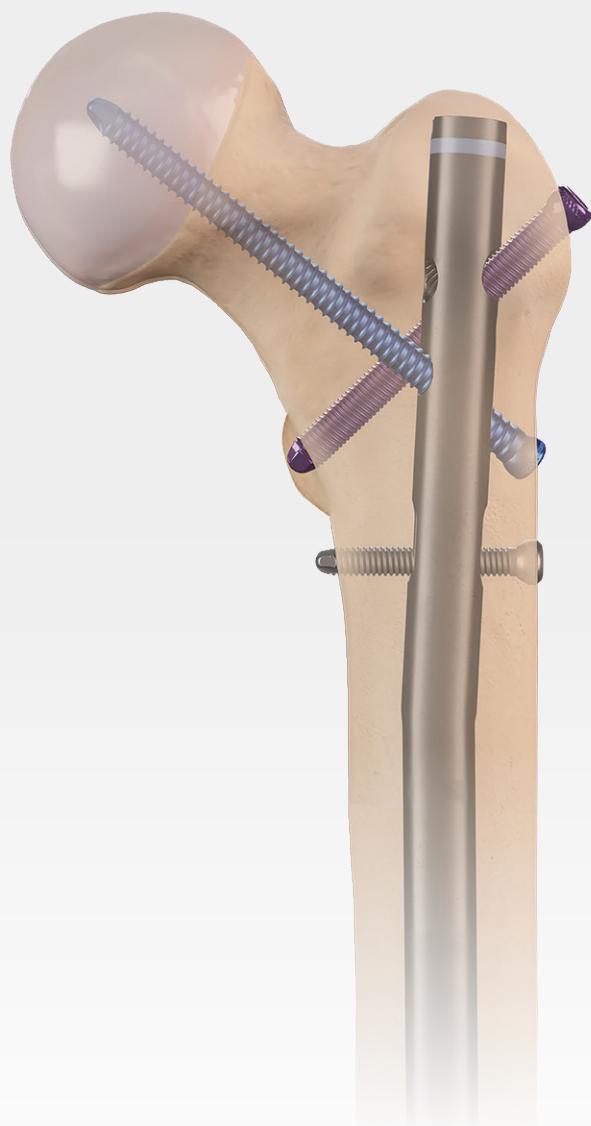


# Arthrex Antegrade Femoral Nail System

Surgical Technique



# Arthrex Antegrade Femoral Nail System

## Introduction

### Indications

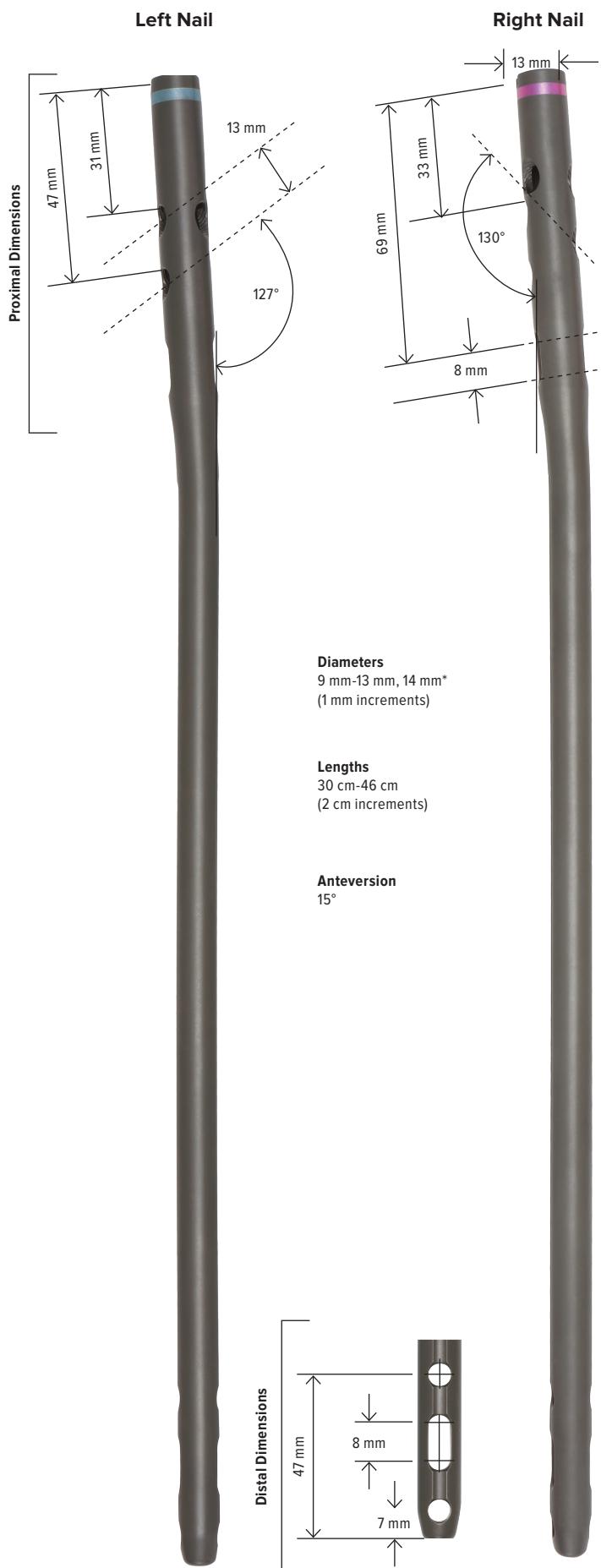
The Antegrade Femoral Nail System is intended for use in intramedullary fixation of fractures of the femur to include the following:

- › Open and closed femoral fractures
- › Pseudoarthrosis and correction osteotomy
- › Pathologic fractures, impending pathologic fractures, and tumor resections
- › Supracondylar fractures, including those with severe comminution and intra-articular extension
- › Ipsilateral femur fractures
- › Bone lengthening
- › Fractures proximal to a total knee arthroplasty or prosthesis
- › Fractures distal to the hip joint
- › Nonunions and malunions
- › Fractures resulting from osteoporosis

### Preoperative Planning

Preoperative planning is recommended before beginning the surgical procedure. AP and lateral x-rays of the injured femur should be taken preoperatively and evaluated for nail length, canal size, expected amount of reaming, and screw length. AP and lateral x-rays of the contralateral uninjured femur can also be used to provide insight into the anatomy of the pre-injured femur.

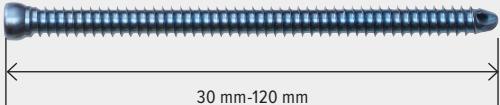
## Implant Features



### 6.5 mm Captured Cortical Screw, Proximal



### 6.5 mm Captured Cancellous Screw, Proximal



### 6.0 mm Captured Partially Threaded Screw, Proximal



### 5 mm Captured Cortical Bone Screw, Distal and Transverse



### Captured End Caps

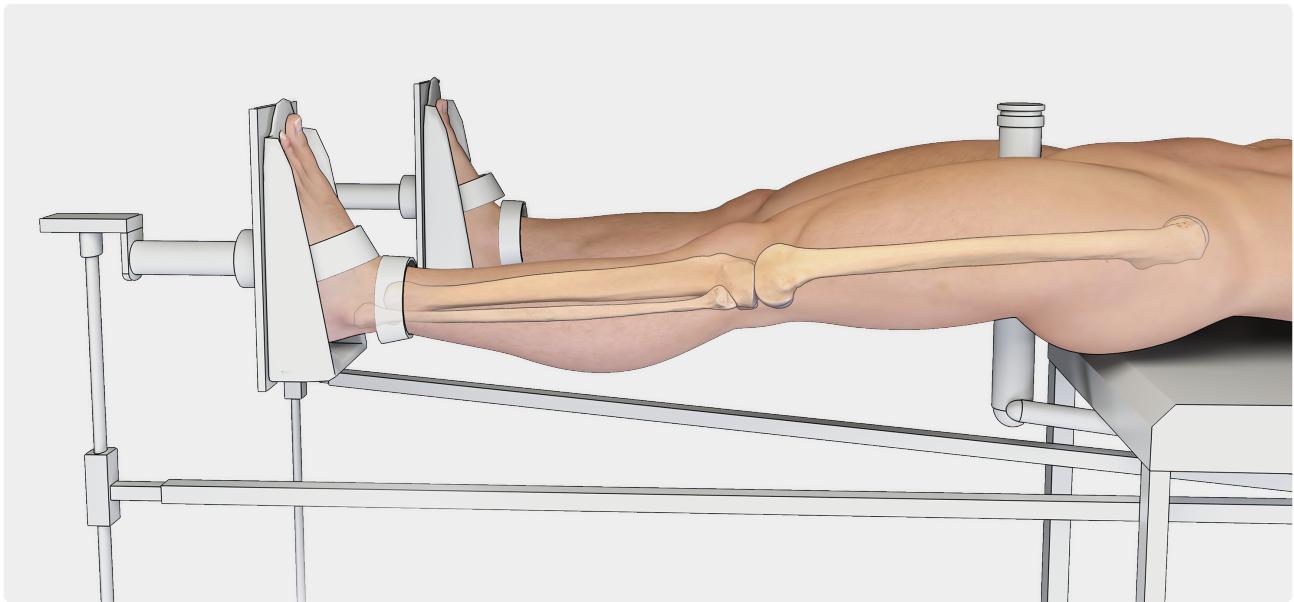


### Recon Locking End Cap



### Locking Spacer

## Patient Positioning



The patient should be positioned in a supine position on a fracture table or radiolucent table. The use of a fracture table can be beneficial during fracture reduction by providing in-line traction and facilitating intraoperative imaging with a C-arm. The C-arm should be positioned to allow for imaging of the femur in both planes along the entire length of the bone.

If reconstruction screws are planned, the C-arm must allow for lateral imaging of the femoral head and neck. Adduction of the femur can be helpful when locating the appropriate entrance point. Drape the patient appropriately to allow the surgeon to work from the hip to just below the knee.

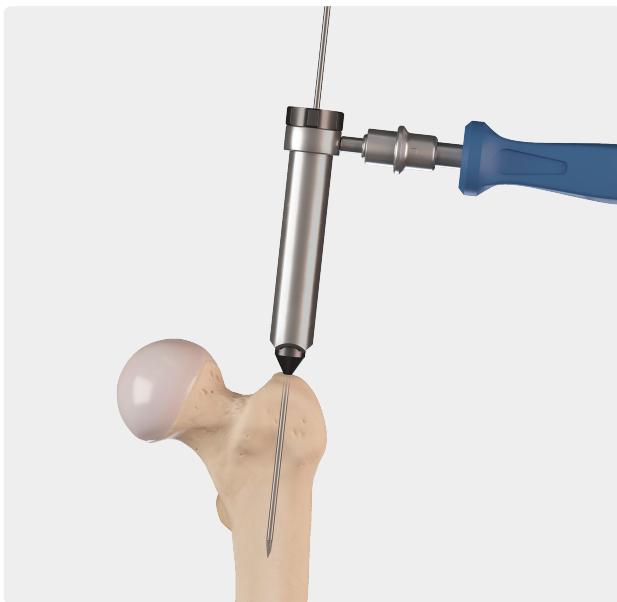
## Entry Point

The entry point for the nail is located on the greater trochanter. On the AP image, the starting point should be on the tip of the greater trochanter. On the lateral image, the starting point should be near the junction of the anterior and middle third of the greater trochanter.



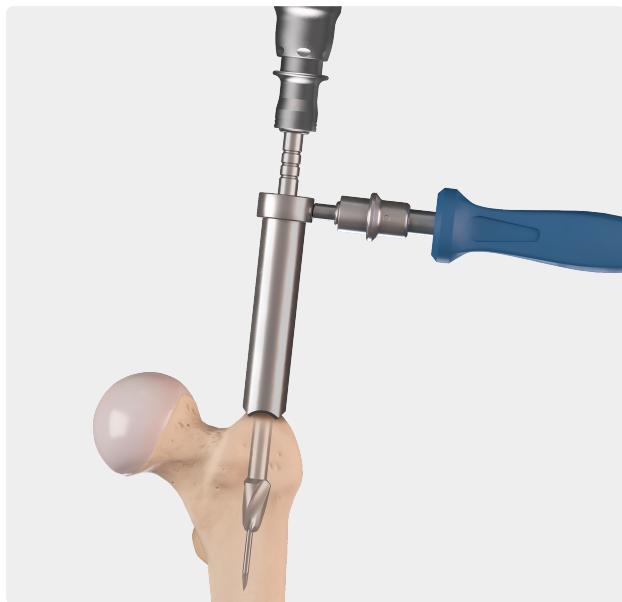
## Arthrex Antegrade Femoral Nail System Surgical Technique

### Entry Option 1



**1a**

Place the 3.2 mm pin guide and soft-tissue protector through the incision. Align the soft-tissue protector in line with the femoral shaft on the AP and lateral image views.



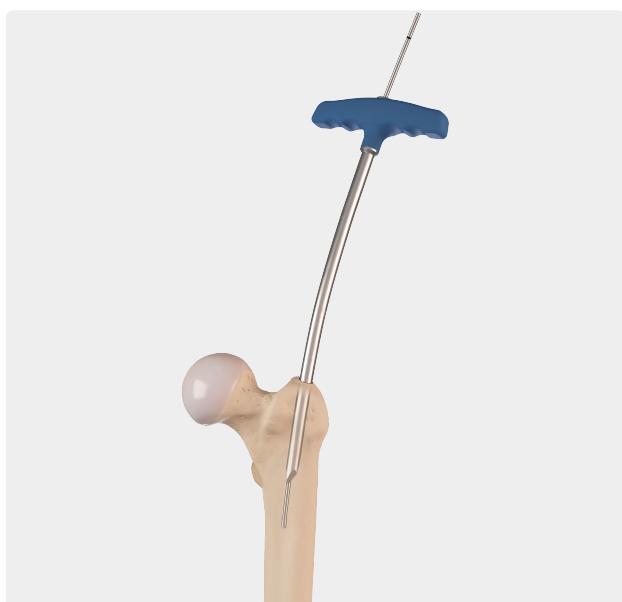
Place the 13.5 mm cannulated entry reamer over the guide pin and ream the proximal fragment of the femur through the soft-tissue protector.

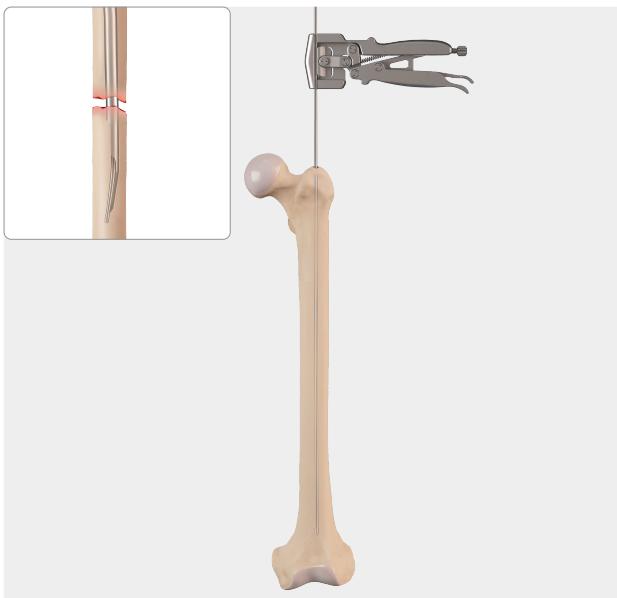
### Entry Option 2



**1b**

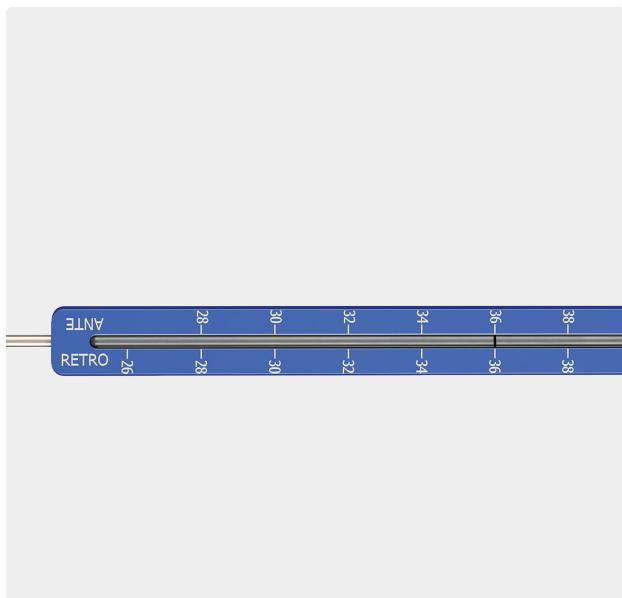
Alternatively, the surgeon may open the greater trochanter with a cannulated curved awl followed by a 3 mm ball nose guidewire that is placed through the curved awl to the desired depth. The 13.5 mm entry reamer should be used over the ball nose after insertion.





**2**

Use the guidewire gripper to advance the 3 mm ball nose guidewire to the level of the fracture. Alternatively, a curved reduction tool can be used to assist in fracture reduction. The 3 mm ball nose wire can be inserted through the curved reduction tool and into the distal fragment.



**3**

The proper nail length is determined by sliding the guidewire depth gauge over the ball nose guidewire to the greater trochanter and reading the appropriate length from the calibrated line on the guidewire.



**4**

After obtaining the proper nail length, begin reaming with the 8 mm end-cutting reamer. Sequentially ream until cortical chatter is achieved. Ream 1 mm to 1.5 mm over the desired nail diameter.



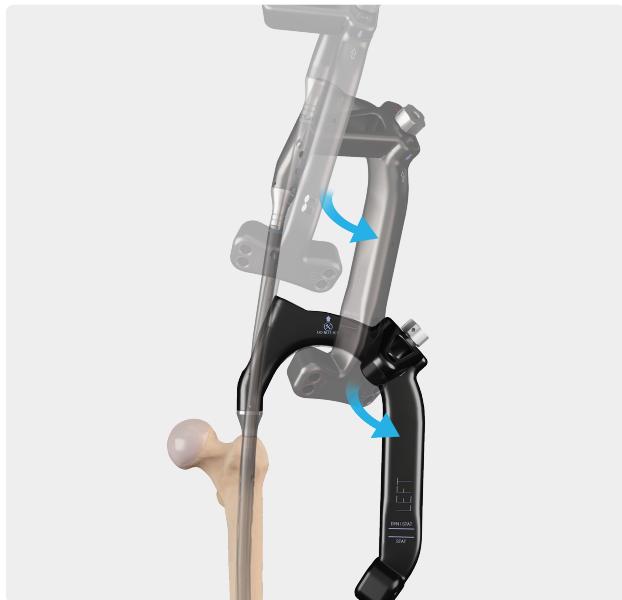
**5**

Attach the antegrade radiolucent targeting guide to the appropriately sized nail using the T-handle and ball hex driver. Dependent on surgical side, a left nail is indicated by a blue proximal stripe, while a right nail is indicated by a rose proximal stripe.



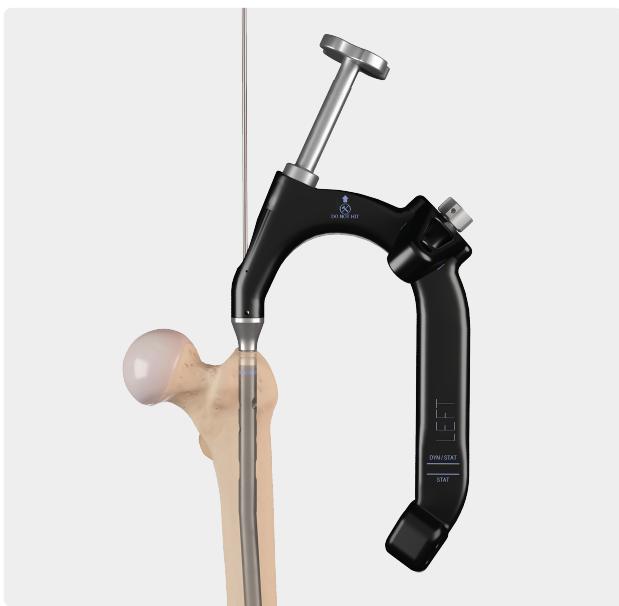
6

If using antegrade interlocking screws, the antegrade targeting module should be attached to the main body of the targeter using a locking knob. Depending on surgical side, the white arrow will match up with either a blue or red arrow.



7

Introduce the nail into the proximal femur using the antegrade radiolucent targeting guide. The jig will start anterior and will be rotated laterally as the nail advances down the intramedullary canal.



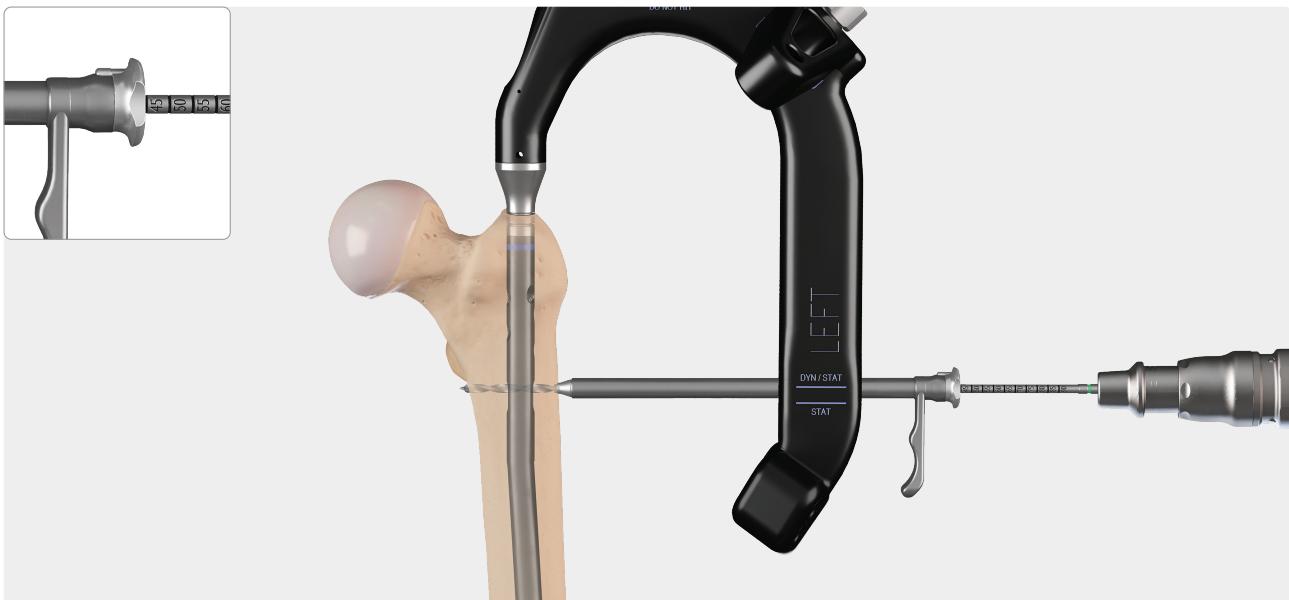
8

If the nail does not enter the femur easily, use a mallet to apply a gentle blow to the impactor pad. It is very important to NEVER HIT directly on the radiolucent targeting guide.



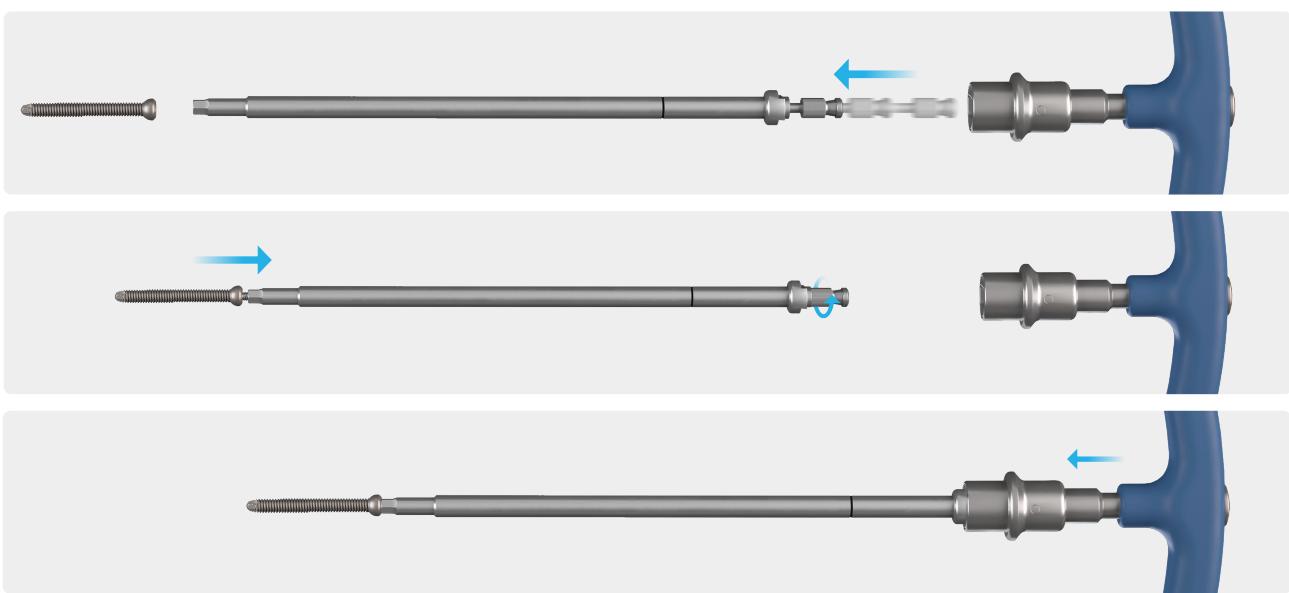
9

Remove the ball nose guidewire and place the screw sheath, 4 mm drill guide, and 4 mm obturator through the appropriate transverse hole in the targeting guide and mark the skin. Make a small incision and place the sheath, drill guide, and obturator through the incision onto the lateral cortex of the bone.



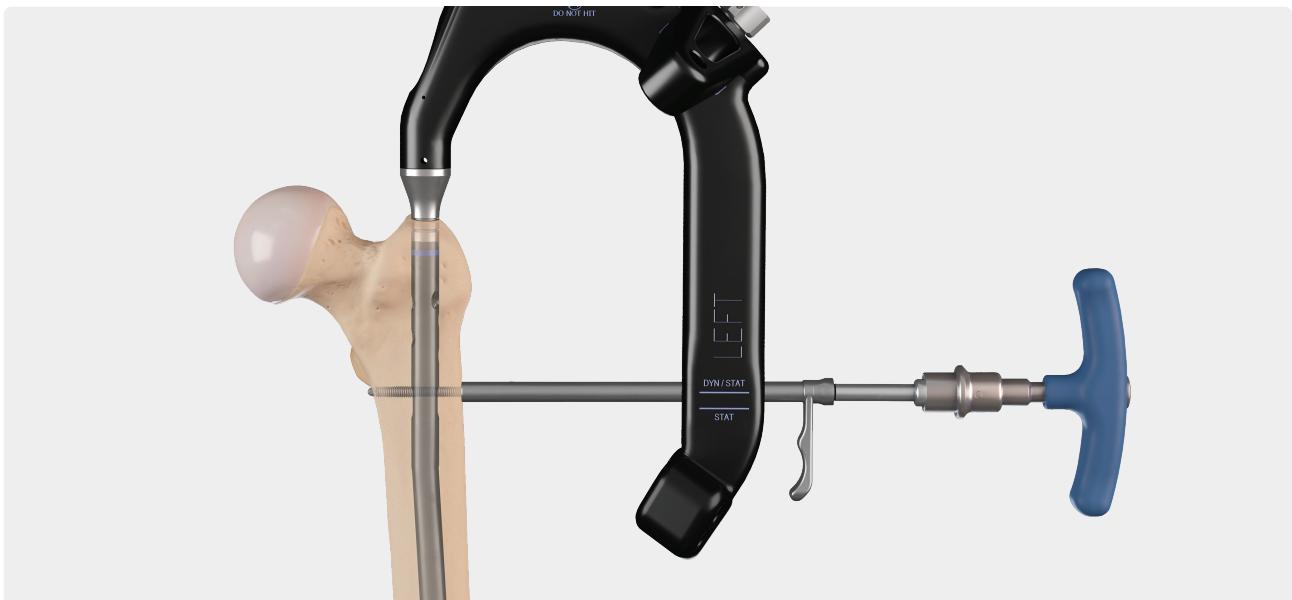
**10**

Remove the obturator and drill the bone using the 4 mm calibrated drill. Measure the screw length from the end of the drill guide using the calibration on the drill.



**11**

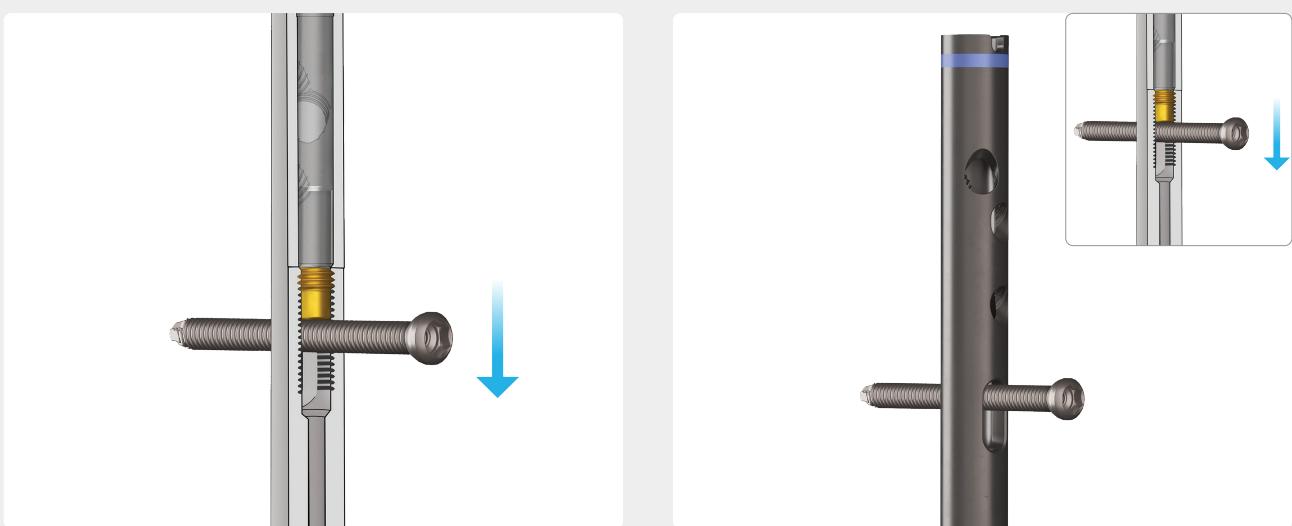
Assemble the 5 mm cortical screw onto the captured hex driver system. The captured hex driver system is assembled by placing the screw onto the 5 mm hex driver then engaging the capturing rod. The captured construct is then connected to the T-handle. This attachment can also be used in a Hudson power adapter should power insertion be desired.



**12**

Remove the drill and drill guide and place the screw directly through the sheath using the captured hex driver system. Insert the screw until the black laser etch line is at the level of the screw sheath. Verify screw positioning using fluoroscopy.

## Controlled Compression Options



**13a**

If controlled compression at the fracture is desired, insert the compression spacer so that it rests just above the dynamic slot. Insertion of the compression spacer must occur before the nail is attached to the jig.

Conduct transverse locking within the dynamic slot using the DYN/STAT hole on the targeting guide. Next, perform distal interlocking at the distal aspect of the nail using a freehand technique. Use the 5 mm compression hex driver through the jig into the spacer to compress the inserted cortical screw.



**13b**

**Dynamic Locking**

If dynamic locking of the nail is desired with the use of the proximal dynamic slot, conduct transverse locking through the DYN/STAT hole on the targeting guide. The compression spacer is not needed in this instance. Prohibit the dynamic function of the nail.



**13b**

**Static Locking With Spacer**

If static locking is desired through the proximal aspect of the dynamic slot, insert the compression spacer down to the distal aspect of the dynamic slot.

**Note:** Insertion of the compression spacer must occur prior to the nail being loaded onto the jig.



**13c**

**Static Locking**

If static locking is desired through the distal aspect of the dynamic slot, conduct transverse locking through the STAT hole on the targeting guide. The compression spacer is not needed in this instance.

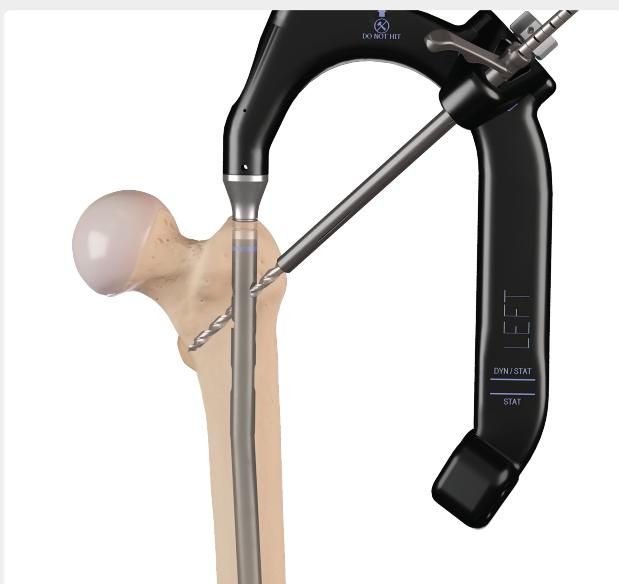
## Proximal Targeting and Interlocking Options



14a

### Proximal Targeting (Reconstruction Interlocking)

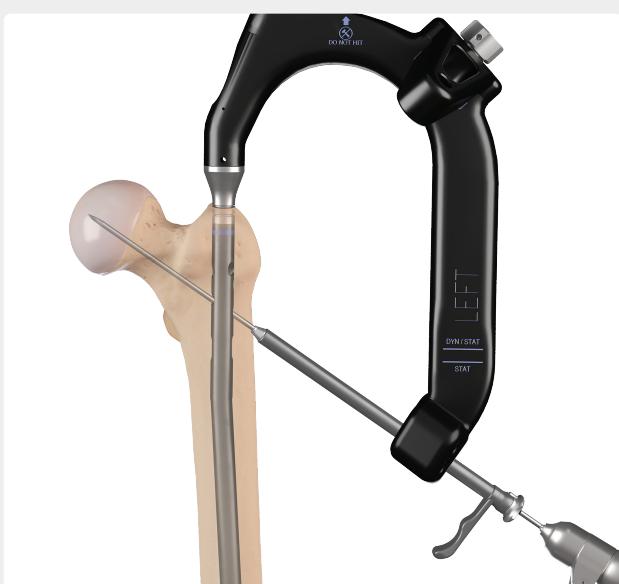
Insert the screw sheath, the drill guide, and the obturator through the targeting module and mark the incision location on the skin. Make a small incision and insert the sheath, drill, and obturator until it contacts the cortex of the femur. Use a 3.2 mm guide pin or a solid or cannulated 5.5 mm drill bit for proximal femoral screw targeting.



14b

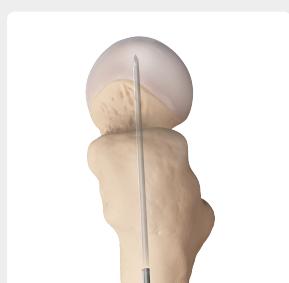
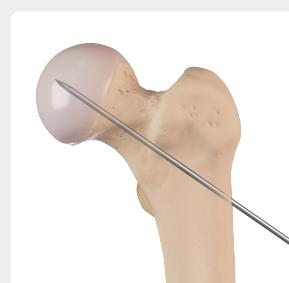
### Proximal Targeting (Antegrade Interlocking)

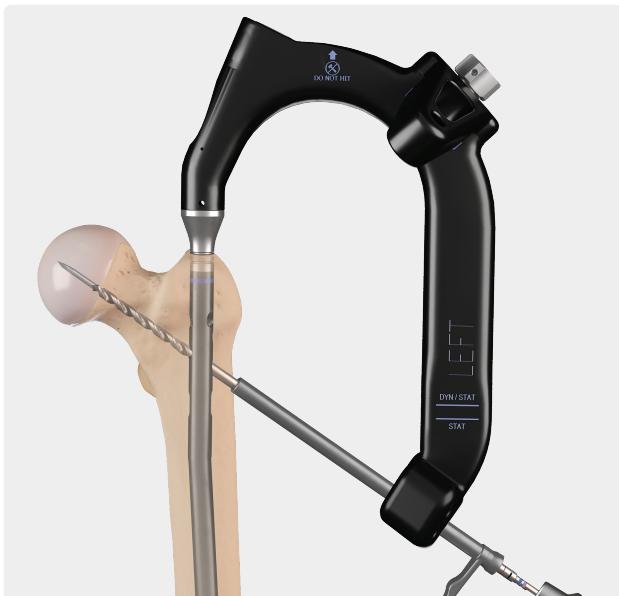
Proximal antegrade interlocking involves the use of a 6.5 mm fully threaded cortical locking screw (PURPLE), 6.5 mm fully threaded cancellous screw (BLUE), or a 6.0 mm partially threaded cancellous screw (YELLOW). Any of these three screws can be used in the antegrade interlocking position.



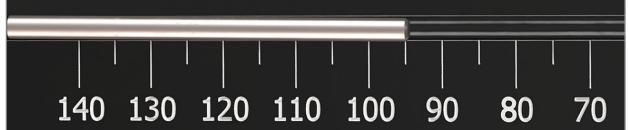
14c

When using a 3.2 mm guide pin, place the pin into the pin guide and insert it into the femoral head. The location of the guide pin should be checked on both AP and lateral views. Take a lateral view of the femoral head to ensure the guide pin has been placed centrally. In both AP and lateral views, the tip of the guide pin should be approximately 5 mm from the subchondral bone.



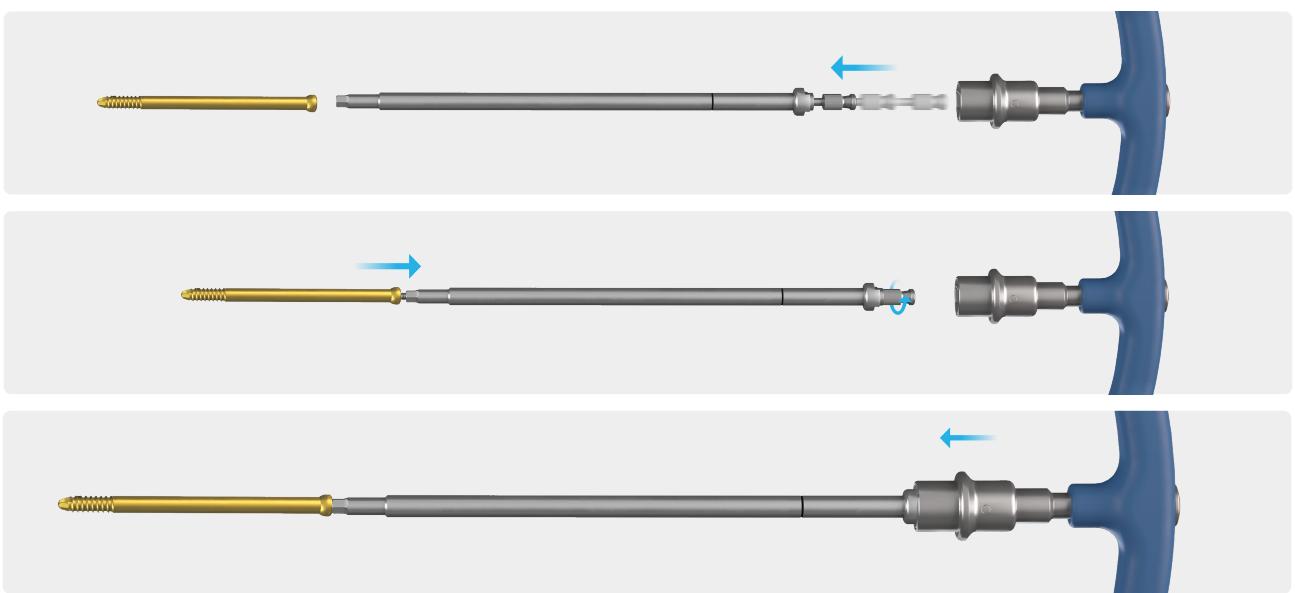


## ANTEGRADE & RETROGRADE FEMORAL NAIL



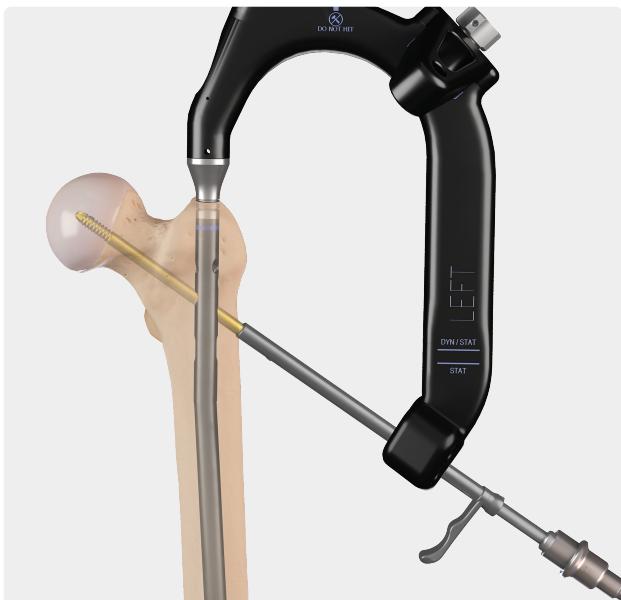
15

Place the guide pin depth gauge under the 3.2 mm guide pin and against the pin guide. Read the required length from the depth gauge, assuring that the sheath is touching the bone. Insert the 5.5 mm calibrated cannulated drill (BLUE/PURPLE) over the guide pin. Then, drill the femoral head to the appropriate depth, measuring the screw length off of the calibration lines.



16

Assemble the appropriate screw onto the captured screw driver system and T-handle. This attachment can also be used in a Hudson power adapter should power insertion be desired.



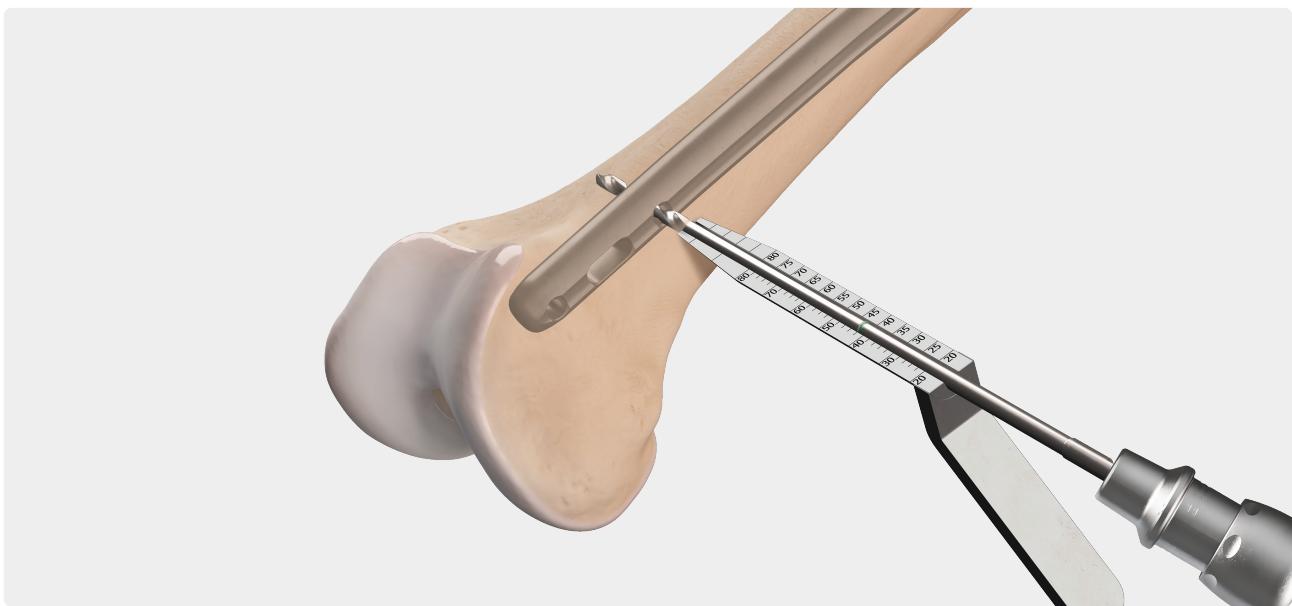
**17**

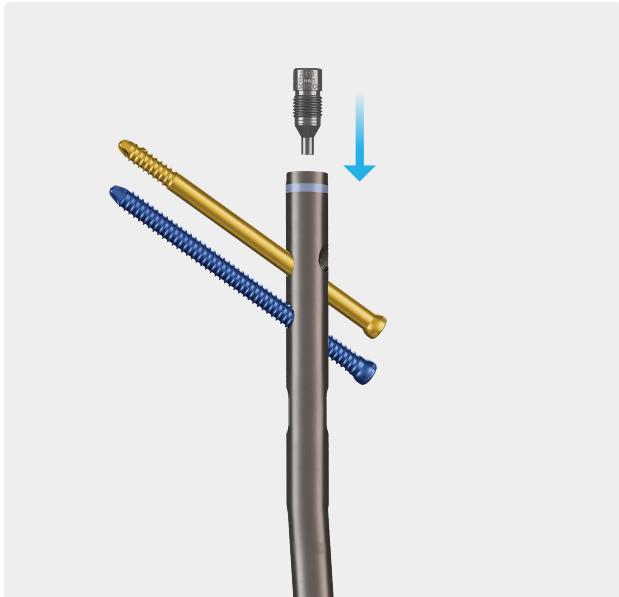
Remove the 3.2 mm guide pin out of the screw sheath and advance the selected screw into the femoral head using the T-handle and 5 mm capturing hex driver. Insert the screw until the black laser etch line is at the level of the screw sheath.



**18**

Distal locking includes two static holes and a dynamic slot.





20

**End Cap Insertion (Optional)** – If a 6.0 mm partially threaded cancellous screw is used in the most proximal reconstruction locking hole of the nail, a locking end cap may be used to prevent lateral migration of the proximal screw.



21

Final fixation.

## Antegrade Nail Proximal Locking Options



## Nail Removal Technique



1

Remove all points of fixation except one. Using fluoroscopy, insert a 3.2 mm guide pin under fluoroscopy into the proximal body of the nail. It is important to leave one point of fixation to control the nail rotation and depth while threading the extraction bolt.



2

Slide the extraction bolt over the 3.2 mm guidewire and thread it into the proximal portion of the nail.



3

Remove the 3.2 mm guide pin and thread the hammer pad into the extraction bolt.



4

Remove the last point of fixation. Using a mallet, back-slap the nail out of the canal.

## Ordering Information

### Arthrex Antegrade Femoral Nailing

Product Description	AOS Number	Item Number
Femoral Nail Instrument Case #1	9922-000	AR-9097C-01
Femoral Nail Instrument Case #2	9924-000	AR-9097C-02
Femoral Nail Instrument Set #1	9922-000S	AR-9097S-01
Femoral Nail Instrument Set #2	9924-000S	AR-9097S-02
<b>Instruments</b>		
Impactor Rod	0826-000	AR-9095-31
Extractor Bolt	0828-000	AR-9095-32
Impactor Pad, long	0835-000	AR-9097-24
Locking Knob, insertion guide, tibial nail	1239-100	AR-9097-25
Locking Collet, targeting module, tibial nail	1242-100	AR-9097-26
Antegrade Targeting Module, femoral nail	1271-300	AR-9097-27
Antegrade Option, antegrade targeting guide	1272-000	AR-9097-28
Locking Bolt, antegrade nail	1273-100	AR-9097-29
Retrograde Targeting Guide	1280-000	AR-9097-30
Retrograde Targeting Guide, arch	1281-000	AR-9097-31
Retrograde Targeting Guide, 22 cm extension	1283-000	AR-9097-32
Locking Bolt, retrograde femoral nail	1284-000	AR-9097-33
Entry Reamer, femoral nail, cannulated, 13.5 mm	0266-000	AR-9097-02
Tap, calibrated, cancellous, 6.0 mm	0271-000	AR-9097-03
Cortical Tap, calibrated, cortical, 6.5 mm	0272-000	AR-9097-04
Obturator, 3.6 mm	0273-000	AR-9097-05
Pin Guide, 3.2 mm	0335-000	AR-9097-06
Pin Guide, soft tissue protector, 3.2 mm	0338-000	AR-9097-08
Drill Guide, 4.0 mm	0337-000	AR-9097-07
Drill Guide, 6.0 mm	0339-000	AR-9097-09
Screw Driver Handle, cannulated, silicone, Hudson	0467-100	AR-9095-25
T-Handle, cannulated, Hudson female/J-Hall connect	0468-000	AR-9097-10
Quick Connect, cannulated, Hudson female/J-Hall	0469-100	AR-9095-27
Driver, ball hex, large Hudson, 9/32"	0474-000	AR-9095-07
Guidewire Gripper	0481-100	AR-9095-54
Compression Hex Driver, Hudson, antegrade, 5.0 mm	0487-000	AR-9097-11
Power Hex Screw Driver, 5.0 mm	0488-200	AR-9097-12
Power Capturing Rod, 5.0 mm	0489-100	AR-9097-13
Power Hex Screw Driver, short, 5.0 mm	0491-100	AR-9095-14
Power Capturing Rod, short, 5.0 mm	0492-100	AR-9097-15
Distal Depth Gauge	0514-200	AR-9095-15
Depth Gauge, hook tip, trochanteric nail	0531-000	AR-9095-19
Guide Pin Depth Gauge, femoral nail	0534-000	AR-9097-16
Guidewire Depth Gauge, femoral nail	0535-000	AR-9097-14
Drill Guide, obturator, 4.0 mm	0622-000	AR-9095-12
Screw Sheath	0624-000	AR-9097-18
Obturator, 3.2 mm	0625-000	AR-9097-19
Soft-Tissue Protector, Hudson quick connector	0634-100	AR-9097-20
Obturator, 6.0 mm	0635-000	AR-9097-21
Ball Spike	0817-000	AR-9095-30
Reduction Tool, curved	0831-000	AR-9097-22
Square Quick Connect Assembly	0834-000	AR-9097-23

Product Description	AOS Number	Item Number
Antegrade Femoral Nails, left		
Antegrade Femoral Nail, left, 9 mm × 30 cm	1308-030	AR-9096A-09-30L
Antegrade Femoral Nail, left, 9 mm × 32 cm	1308-032	AR-9096A-09-32L
Antegrade Femoral Nail, left, 9 mm × 34 cm	1308-034	AR-9096A-09-34L
Antegrade Femoral Nail, left, 9 mm × 36 cm	1308-036	AR-9096A-09-36L
Antegrade Femoral Nail, left, 9 mm × 38 cm	1308-038	AR-9096A-09-38L
Antegrade Femoral Nail, left, 9 mm × 40 cm	1308-040	AR-9096A-09-40L
Antegrade Femoral Nail, left, 9 mm × 42 cm	1308-042	AR-9096A-09-42L
Antegrade Femoral Nail, left, 9 mm × 44 cm	1308-044	AR-9096A-09-44L
Antegrade Femoral Nail, left, 9 mm × 46 cm	1308-046	AR-9096A-09-46L
Antegrade Femoral Nail, left, 10 mm × 30 cm	1310-030	AR-9096A-10-30L
Antegrade Femoral Nail, left 10 mm × 32 cm	1310-032	AR-9096A-10-32L
Antegrade Femoral Nail, left 10 mm × 34 cm	1310-034	AR-9096A-10-34L
Antegrade Femoral Nail, left 10 mm × 36 cm	1310-036	AR-9096A-10-36L
Antegrade Femoral Nail, left 10 mm × 38 cm	1310-038	AR-9096A-10-38L
Antegrade Femoral Nail, left 10 mm × 40 cm	1310-040	AR-9096A-10-40L
Antegrade Femoral Nail, left 10 mm × 42 cm	1310-042	AR-9096A-10-42L
Antegrade Femoral Nail, left 10 mm × 44 cm	1310-044	AR-9096A-10-44L
Antegrade Femoral Nail, left 10 mm × 46 cm	1310-046	AR-9096A-10-46L
Antegrade Femoral Nail, left, 11 mm × 30 cm	1312-030	AR-9096A-11-30L
Antegrade Femoral Nail, left, 11 mm × 32 cm	1312-032	AR-9096A-11-32L
Antegrade Femoral Nail, left, 11 mm × 34 cm	1312-034	AR-9096A-11-34L
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Antegrade Femoral Nail, left, 11 mm × 40 cm	1312-040	AR-9096A-11-40L
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Antegrade Femoral Nail, left, 11 mm × 46 cm	1312-046	AR-9096A-11-46L
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Antegrade Femoral Nail, left, 12 mm × 32 cm	1314-032	AR-9096A-12-32L
Antegrade Femoral Nail, left, 12 mm × 34 cm	1314-034	AR-9096A-12-34L
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Antegrade Femoral Nail, left, 12 mm × 42 cm	1314-042	AR-9096A-12-42L
Antegrade Femoral Nail, left, 12 mm × 44 cm	1314-044	AR-9096A-12-44L
Antegrade Femoral Nail, left, 12 mm × 46 cm	1314-046	AR-9096A-12-46L
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Antegrade Femoral Nail, left, 13 mm × 38 cm	1316-038	AR-9096A-13-38L
Antegrade Femoral Nail, left, 13 mm × 40 cm	1316-040	AR-9096A-13-40L
Antegrade Femoral Nail, left, 13 mm × 42 cm	1316-042	AR-9096A-13-42L
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Antegrade Femoral Nail, left, 14 mm × 32 cm	1318-032	AR-9096A-14-32L
Antegrade Femoral Nail, left, 14 mm × 34 cm	1318-034	AR-9096A-14-34L
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Antegrade Femoral Nail, left, 14 mm × 46 cm	1318-046	AR-9096A-14-46L
Antegrade Femoral Nails, right		
Antegrade Femoral Nail, right, 9 mm × 30 cm	1309-030	AR-9096A-09-30R
Antegrade Femoral Nail, right, 9 mm × 32 cm	1309-032	AR-9096A-09-32R
Antegrade Femoral Nail, right, 9 mm × 34 cm	1309-034	AR-9096A-09-34R
Antegrade Femoral Nail, right, 9 mm × 36 cm	1309-036	AR-9096A-09-36R
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Antegrade Femoral Nail, right, 9 mm × 46 cm	1309-046	AR-9096A-09-46R
Antegrade Femoral Nail, right, 10 mm × 30 cm	1311-030	AR-9096A-10-30R
Antegrade Femoral Nail, right, 10 mm × 32 cm	1311-032	AR-9096A-10-32R
Antegrade Femoral Nail, right, 10 mm × 34 cm	1311-034	AR-9096A-10-34R
Antegrade Femoral Nail, right, 10 mm × 36 cm	1311-036	AR-9096A-10-36R
Antegrade Femoral Nail, right, 10 mm × 38 cm	1311-038	AR-9096A-10-38R
Antegrade Femoral Nail, right, 10 mm × 40 cm	1311-040	AR-9096A-10-40R
Antegrade Femoral Nail, right, 10 mm × 42 cm	1311-042	AR-9096A-10-42R
Antegrade Femoral Nail, right, 10 mm × 44 cm	1311-044	AR-9096A-10-44R
Antegrade Femoral Nail, right, 10 mm × 46 cm	1311-046	AR-9096A-10-46R
Antegrade Femoral Nail, right, 11 mm × 30 cm	1313-030	AR-9096A-11-30R
Antegrade Femoral Nail, right, 11 mm × 32 cm	1313-032	AR-9096A-11-32R
Antegrade Femoral Nail, right, 11 mm × 34 cm	1313-034	AR-9096A-11-34R
Antegrade Femoral Nail, right, 11 mm × 36 cm	1313-036	AR-9096A-11-36R
Antegrade Femoral Nail, right, 11 mm × 38 cm	1313-038	AR-9096A-11-38R
Antegrade Femoral Nail, right, 11 mm × 40 cm	1313-040	AR-9096A-11-40R
Antegrade Femoral Nail, right, 11 mm × 42 cm	1313-042	AR-9096A-11-42R
Antegrade Femoral Nail, right, 11 mm × 44 cm	1313-044	AR-9096A-11-44R
Antegrade Femoral Nail, right, 11 mm × 46 cm	1313-046	AR-9096A-11-46R
Antegrade Femoral Nail, right, 12 mm × 30 cm	1315-030	AR-9096A-12-30R
Antegrade Femoral Nail, right, 12 mm × 32 cm	1315-032	AR-9096A-12-32R
Antegrade Femoral Nail, right, 12 mm × 34 cm	1315-034	AR-9096A-12-34R
Antegrade Femoral Nail, right, 12 mm × 36 cm	1315-036	AR-9096A-12-36R
Antegrade Femoral Nail, right, 12 mm × 38 cm	1315-038	AR-9096A-12-38R
Antegrade Femoral Nail, right, 12 mm × 40 cm	1315-040	AR-9096A-12-40R
Antegrade Femoral Nail, right, 12 mm × 42 cm	1315-042	AR-9096A-12-42R
Antegrade Femoral Nail, right, 12 mm × 44 cm	1315-044	AR-9096A-12-44R
Antegrade Femoral Nail, right, 12 mm × 46 cm	1315-046	AR-9096A-12-46R
Antegrade Femoral Nail, right, 13 mm × 30 cm	1317-030	AR-9096A-13-30R
Antegrade Femoral Nail, right, 13 mm × 32 cm	1317-032	AR-9096A-13-32R
Antegrade Femoral Nail, right, 13 mm × 34 cm	1317-034	AR-9096A-13-34R
Antegrade Femoral Nail, right, 13 mm × 36 cm	1317-036	AR-9096A-13-36R
Antegrade Femoral Nail, right, 13 mm × 38 cm	1317-038	AR-9096A-13-38R
Antegrade Femoral Nail, right, 13 mm × 40 cm	1317-040	AR-9096A-13-40R
Antegrade Femoral Nail, right, 13 mm × 42 cm	1317-042	AR-9096A-13-42R
Antegrade Femoral Nail, right, 13 mm × 44 cm	1317-044	AR-9096A-13-44R
Antegrade Femoral Nail, right, 13 mm × 46 cm	1317-046	AR-9096A-13-46R
Antegrade Femoral Nail, right, 14 mm × 30 cm	1319-030	AR-9096A-14-30R
Antegrade Femoral Nail, right, 14 mm × 32 cm	1319-032	AR-9096A-14-32R
Antegrade Femoral Nail, right, 14 mm × 34 cm	1319-034	AR-9096A-14-34R
Antegrade Femoral Nail, right, 14 mm × 36 cm	1319-036	AR-9096A-14-36R

Antegrade Femoral Nail, right, 14 mm × 38 cm	1319-038	AR-9096A-14-38R
Antegrade Femoral Nail, right, 14 mm × 40 cm	1319-040	AR-9096A-14-40R
Antegrade Femoral Nail, right, 14 mm × 42 cm	1319-042	AR-9096A-14-42R
Antegrade Femoral Nail, right, 14 mm × 44 cm	1319-044	AR-9096A-14-44R
Antegrade Femoral Nail, right, 14 mm × 46 cm	1319-046	AR-9096A-14-46R
<b>Implants</b>		
End Cap, antegrade nail, 5 mm	1322-005	AR-9096CA-05
End Cap, antegrade nail, 10 mm	1322-010	AR-9096CA-10
Locking End Cap, recon lock, antegrade nail, 0 mm	1323-000	AR-9096CP-A
End Cap, antegrade nail, 0 mm	1324-000	AR-9096C-A
Screw Spacer/Compression Bolt, femoral nails	1326-000	AR-9096B
<b>Captured Screws</b>		
5.0 mm Cortical	8001-030-50	AR-9093-50-030-050
➤ Lengths: 30 mm–50 mm (2 mm increments)		
5.0 mm Cortical	8001-055-100	AR-9093-50-055-100
➤ Lengths: 55 mm–100 mm (5 mm increments)		
6.5 mm Cortical, fully threaded	8059-030-120	AR-9096FT-65-030-120
➤ Lengths: 30 mm–120 mm (5 mm increments)		
6.0 mm Cancellous, partially threaded	8061-030-120	AR-9096PT-60-30-120
➤ Lengths: 30 mm–120 mm (5 mm increments)		
6.5 mm Cancellous, fully threaded	8065-030-120	AR-9096CA-65-30-120
➤ Lengths: 30 mm–120 mm (5 mm increments)		
<b>Disposables</b>		
Drill, large Hudson, cannulated, 5.5 mm	0232-100	AR-9097-01S
Drill, AO, 4.0 mm × 165 mm	S0210-200	AR-9095-43S
Drill, AO, calibrated, 4.0 mm × 280 mm	S0219-100	AR-9095-44S
Drill, AO, calibrated, sterile, 5.5 mm	S0288-200	AR-9097-35S
Step Drill, AO, calibrated, sterile, 4.8 mm/6.0 mm	S0289-100	AR-9097-36S
Guide Pin, 3.2 mm × 330 mm	S0100-000	AR-9095-40S
Tap, large Hudson, cortical, 5.0 mm	S0260-000	AR-9095-45S

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information