STEP 1: ACCESS

The tendon at the elbow is called the distal biceps tendon. It attaches to the radial tuberosity. The tear of the biceps tendon at the elbow will make patient lose strength in arm and be unable to forcefully turn arm from palm down to palm up.

“Milk” the biceps down and apply inflatable tourniquet as high up arm as possible. Modified Henry anterolateral approach can be used. The proximal end of the tendon should be found at this level.
In acute case the biceps tendon can be «milked down» into the wound and grasped proximally in the wound with an Allis forceps.

**STEP 2: TENDON PREPARATION**

Pass the single suture through the end of the tendon to use for easy retraction during following procedures.
Debride the end of the tendon of hematoma and scar tissue, so it can fit the pilot hole.

Check the resulting diameter of the tendon end using the graft sizer.
Use FiberLoop® (arthrex) stitch on a distal 2.5 cm of the tendon. Also, Krakov’s stitch can be used.

Secure the end of the suture with a clamp, then place the tendon back into it’s sheath to keep it moist.
STEP 3: BONE TUNNEL PREPARATION

Fully supinated the forearm debride any soft tissue on the bone, but do not decorticate the bone to avoid heterotopic bone formation.

Drill a 2.4mm Guide Pin into the radial tuberosity through both corticals, perpendicular to the bone axis. The position of the guide pin can be checked with fluoroscopy. Perforate the skin on the other side and push the guide pin for 10 mm.
Secure the protruding end of the guide pin with a clamp.

Guide the appropriate Bone Tunnel Reamer over the Guide Pin and ream a tunnel to a depth of 2 mm deeper than the length of screw to be used. The pilot hole size must match the size of the intended screw to be used. The size of the screw depends on the size of the tendon and the biceps itself, usually it is 7mm in diameter. Use irrigation and remove all bone fragments to prevent heterotopic bone formation.
STEP 4: TENDON FIXATION WITH TENODESIS SCREW

Remove the Bone Tunnel Reamer, leaving the Guide Pin in place. Guide the whipstitched suture through the eyelet of the Guide Pin. Slightly flex the elbow and pull the Guide Pin and captured suture through the bone tunnel.
Load the appropriate Screw on the Screw Driver. Pull on the whipstitched suture to tension the tendon appropriately. Maintaining the desired tension, drive the Titan Screw into the reamed bone tunnel from the radial side of the whipstitched tendon. Remove the driver and cut the excess suture.