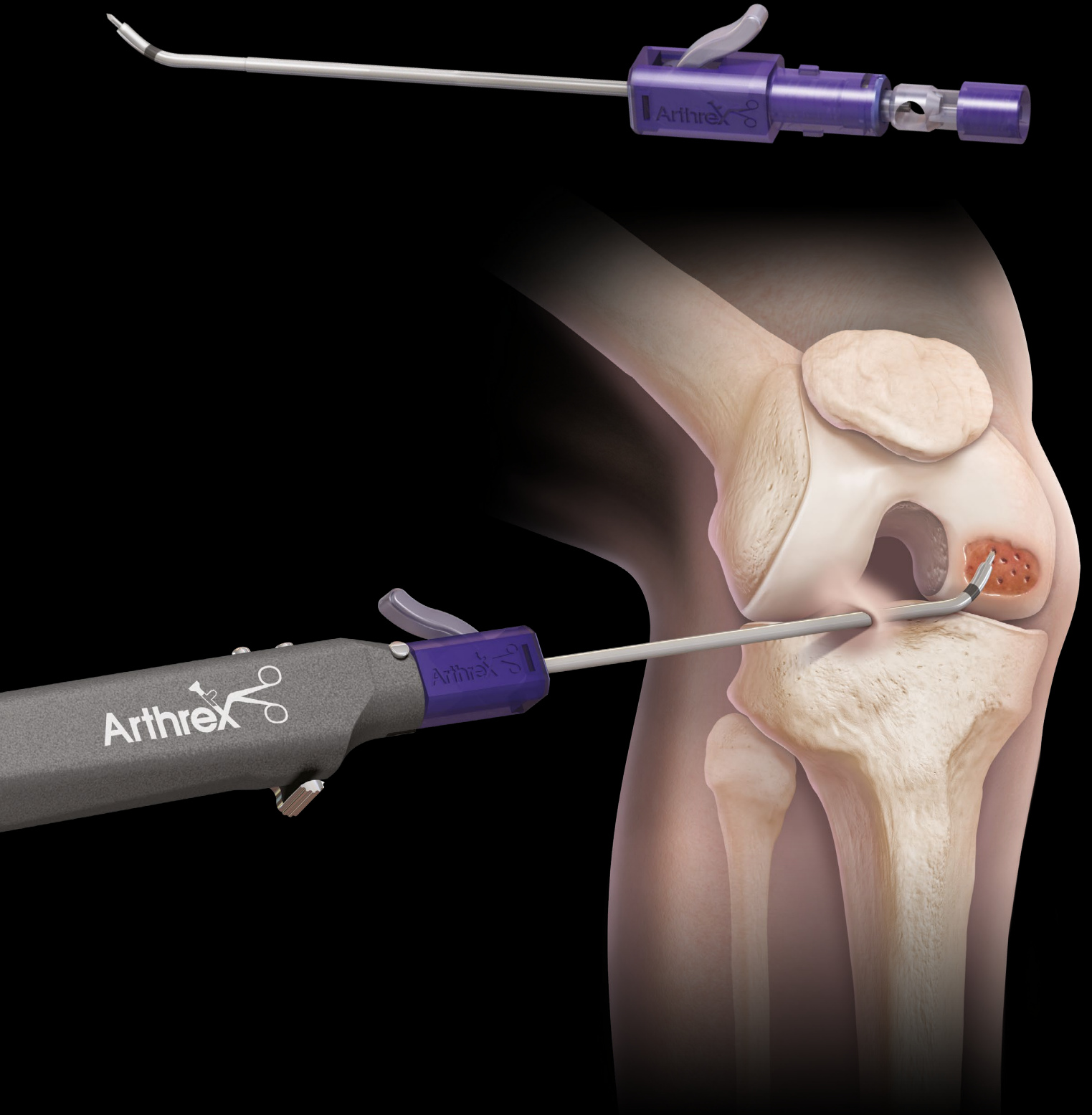


# PowerPick™ Instruments

Providing a Fast and Easy Method for Performing Microfracture Procedures  
Using the Synergy<sup>Resection</sup>™ System



**Arthrex**® 

# PowerPick™ Microfracture Instruments

The PowerPick and PowerPick XL instruments provide a fast and easy method for performing microfracture procedures using the Synergy<sup>Resection™</sup> shaver system. The PowerPick instrument has a drill depth of 4 mm and the PowerPick XL instrument has a drill depth of 6 mm. The additional 2-mm depth allows for adequate penetration into subchondral bone when perpendicular positioning of the drill tip is difficult to achieve.

PowerPick instruments have many applications, such as microdrilling lesions within the knee, ankle, or shoulder prior to BioCartilage<sup>®</sup> supplementation; microdrilling the femoral notch footprint for an ACL repair to promote bone-to-tendon healing (see Figure 1); and microdrilling the greater tuberosity prior to a rotator cuff repair or a superior capsular reconstruction (see Figure 2).

The PowerPick instruments are also ideal for measuring osteochondral defects by using the distal edge of the laser mark, which is 5 mm from the sheath end (Figure 3), as a guide.

Another useful application is to mark the femoral tunnel location in ACL reconstruction procedures using the drill tip to mark the tunnel location within the femoral notch or footprint. By using the 2-mm-wide laser mark, the approximate tunnel location can be determined through the medial portal by placing the end of the sheath at the over-the-top position. The proximal edge of the laser mark, which is 7 mm from the end of the sheath (Figure 3), is used to reference the center of a 10-mm tunnel in a single-bundle ACL technique.

Compared to a chondral pick, the PowerPick instruments are able to clear debris from the holes they create as opposed to a chondral pick that compact the holes with bone, thus hindering maximal bleeding. Since the PowerPick instruments are packaged sterile, they are sharp compared to worn chondral picks that pose a risk of skiving (see Figure 4).

PowerPick instruments are offered in large hub working lengths of 13 cm with a drill diameter of 1.5 mm. The PowerPick device is available with tip angles of 30° and 45°, while the PowerPick XL instrument features a 45° tip angle and 6-mm drill depth.

The PowerPick instrument is also offered for small joint surgery with the Arthrex small hub handpiece. The small joint PowerPick instruments have 7-cm working lengths with a drill diameter of 1 mm and are available with tip angles of 0° and 45°.

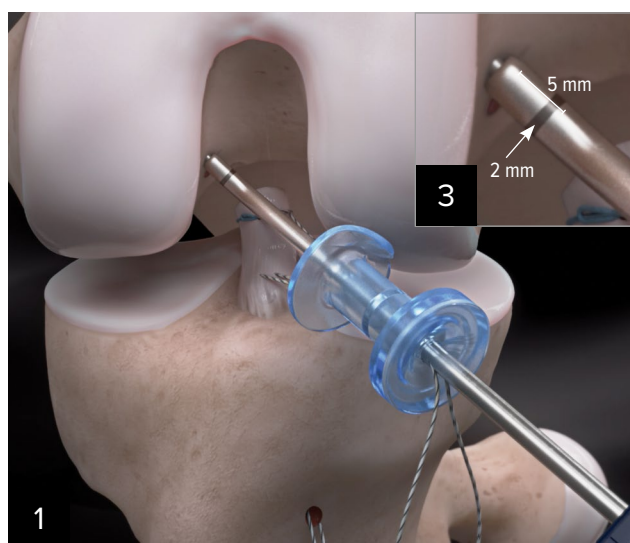


Figure 1: Prepping the femoral footprint during ACL repair using the PowerPick instrument. Figure 3: Measurements on the PowerPick instrument.

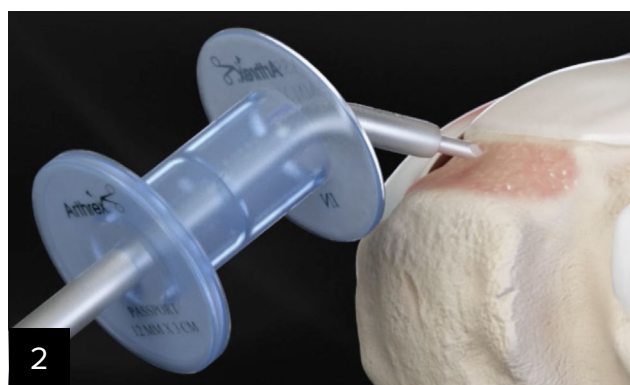


Figure 2: Prepping the greater tuberosity using the PowerPick instrument prior to a superior capsular reconstruction.

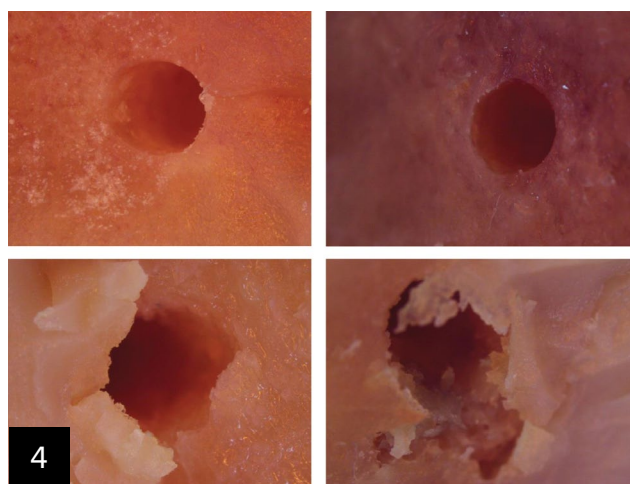
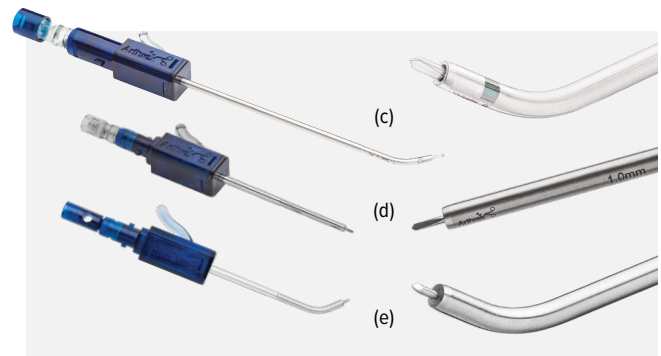


Figure 4: Top—Two typical holes created using the PowerPick instrument during the time trials, magnified three times. Bottom—Two typical holes created using a chondral pick during the time trials, magnified three times.

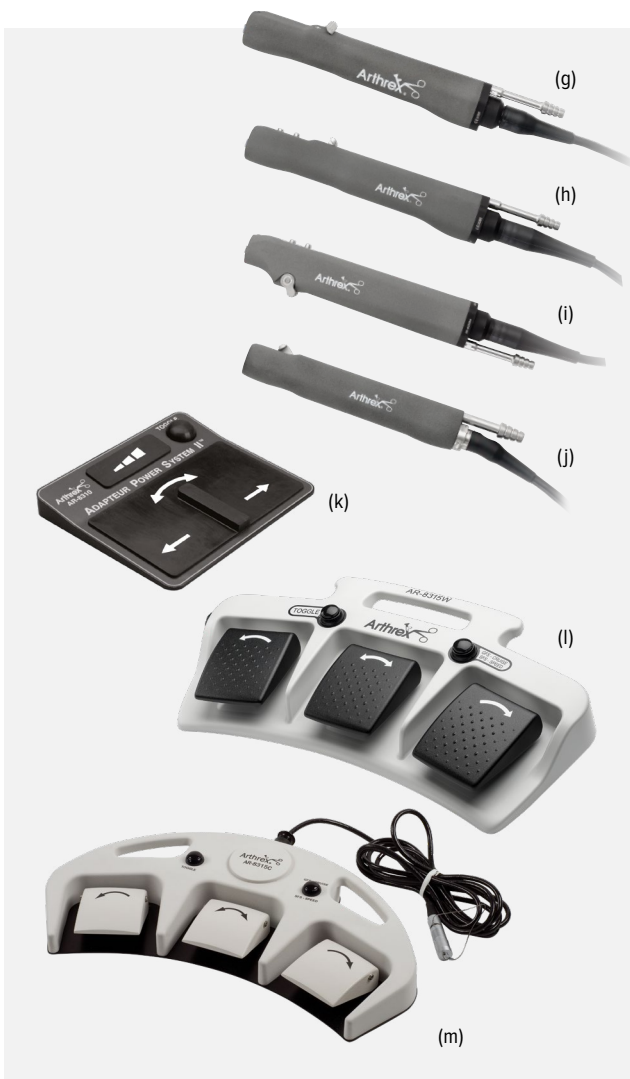


## Ordering Information

Product Description	Item Number
PowerPick™ instrument, 30° (a)	AR-8150PP-30
PowerPick instrument, 45° (b)	AR-8150PP-45
PowerPick XL instrument, 45° (c)	AR-8150PX-45
PowerPick small joint instrument, 0° (d)	AR-9100PP-00
PowerPick small joint instrument, 45° (e)	AR-9100PP-45



## Required Accessories (Synergy<sup>Resection™</sup> System Includes)



Product Description	Item Number
Synergy <sup>Resection</sup> console (f)	AR-8305
Shaver handpiece, footswitch controlled (g)	AR-8330F
Shaver handpiece, hand controlled (h)	AR-8332H
Shaver handpiece, hand controlled backhand (i)	AR-8332RH
NanoResection™ small hub shaver handpiece (j)	AR-8330SJ
Low-profile footswitch (k)	AR-8310
Synergy <sup>Resection</sup> wireless footswitch (l)	AR-8315W
Multifunction footswitch, corded (m)	AR-8315C



This description of technique is provided as an educational tool and clinical aid to assist properly licensed medical professionals in the usage of specific Arthrex products. As part of this professional usage, the medical professional must use their professional judgment in making any final determinations in product usage and technique. In doing so, the medical professional should rely on their own training and experience, and should conduct a thorough review of pertinent medical literature and the product's directions for use. Postoperative management is patient-specific and dependent on the treating professional's assessment. Individual results will vary and not all patients will experience the same postoperative activity level and/or outcomes.

View U.S. patent information at [www.arthrex.com/corporate/virtual-patent-marking](http://www.arthrex.com/corporate/virtual-patent-marking)

**arthrex.com**

© 2023-05 Arthrex, Inc. All rights reserved. LB1-0645-EN\_E