

*djosurgical*®



 ADAPTABLE™

ARM & SHOULDER  
SURGICAL TECHNIQUE

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**NOTE:** This document is intended to show the surgical technique for the Adaptable™ arm positioner with beach chair attachment. This positioner can be used with any surgical beach chair. DJO® has a distribution agreement for the Quantum™ Beach Chair Positioning System; part numbers for this system can be found at the end of this document. A lateral decubitus attachment is also available for the Adaptable™ arm positioner.

## > Indications

The Adaptable™ Arm and Beach Chair are indicated for use in any upper extremity arthroplasty, including sports procedures and proximal humerus and clavicle procedures.

## ➤ Testing Adaptable™ Range of Motion

We recommend trialing the Adaptable™ Arm prior to every use. To trial the arm, place one hand on the Adaptable handle, and the other holding any area of the arm near the 5-prong mount knob (FIGURE 1). Push down on the handle, while using the other hand to rotate the arm around, ensuring that the Arm is moving in the desired way and locking appropriately once the handle is no longer held down (FIGURE 2).



## ➤ Attachment to the Surgical Table

Prior to draping the patient, loosen the 5-prong mount knob, and line the mounting knob up with the operative side of the operating table. Place the base of the Adaptable™ Arm away from the primary position of the operating surgeon. Loosen the 5-prong mounting knob such that the lower mount jaw and upper mount clip are a comfortable distance apart.

To secure the arm to the table, lean the arm forward, clipping the upper mount clip to the top of the operating table, with the lower mount jaw not touching the table (FIGURE 3). Then, lean the arm slightly back so the upper mount clip is flush to the table (remaining clipped to the table) with the lower mount jaw vertically underneath the upper mount clip (FIGURE 4). Tighten using the 5-prong mount knob. Prior to draping, a non-sterile assistant should move the Adaptable™ Arm out of the way of the patient. Once the arm is away from the patient by the non-sterile assistant, the patient may now be draped, first layers of drapes, keeping the Adaptable™ arm away from the patient during this time.

For fractures or arthroplasty procedures, place the base of the Adaptable™ Arm by the patient's hip. If using the beach chair attachment, this will be located just in front of the Beach Chair.

For arthroscopic procedures, align the Adaptable™ Arm closer to the patient's knee, in between the hip and knee.



**NOTE:** *The Prep Hook is an optional instrument that can be used to hold the patient's arm during patient preparation. This step, if desired, should be completed before the sterile draping of the ADAPTABLE arm.*

## ➤ Attaching the Sterile Drape

After the first layer of patient drapes have been applied a sterile staff member should find the open bottom at an end of the sterile camera drape. To reduce contamination when draping around the bends of the arm, it is helpful to place the arm in a straight position prior to draping. With the opening slipped over the connector and handle, the sterile staff member should grab hold of the bottom of the sterile drape, pulling down so it covers the entire arm, mounting knob and jaw (FIGURE 5, 6). If applied correctly, the camera drape should cover the entire arm, mounting knob and jaw (FIGURE 7).

Once the sterile drape is applied, the remaining drapes can be applied to the patient, with the arm kept away from the patient at this time.



## > Attaching the Arm Connector

Identify the top and bottom of the arm connector. If the arm connector is sitting face up, the silver screw should sit lower, with the gold screw sitting higher on the connector and the logo should be visible (FIGURE 8). To attach, match the shape on the male connector under the sterile drape with the female connector on the arm connector (FIGURE 9). The sterile camera drape does not need to be moved or realigned during this process. Tighten the silver thumb screw to lock into place (FIGURE 10).



## ➤ Fixing the Foam Arm Cradle to the Sterile Tray

The preparation of the disposable foam arm pad should be done by a sterile assistant. To begin, unroll the Velcro straps, with the soft pad side of the VELCRO® facing up. Slide the post of the arm tray through the round hole in the foam pads, with the side flap of the foam pad pointing to the right (FIGURE 11). Next, fold down the two tabs of the foam pad, down and through the holes in the arm tray, curling them over as you are sticking through—such that, the foam is now sitting flush to the underside of the metal arm tray (FIGURE 12, 13). Next, slide the hand-grip pad over the round hand post of the arm tray (FIGURE 14). Then connect the post at the bottom of the tray to the top of the arm connector (FIGURE 15). After this step, check to ensure that all sterile parts of the arm remain within the sterile camera bag.

At this time, the arm connector and tray can also be tested. To test these, place the tray into the arm connector. Move the arm tray to test that both screws are properly aligned and engaged. If the tray is misaligned slightly, the screws will not engage and the tray will move around significantly, causing the tray and connector to not be secure. To fix this, unscrew both screws almost entirely, reconnecting the arm tray and connector, and screwing the screws again until there is minimal-to-no movement of the tray.



FIGURE 11



FIGURE 12



FIGURE 13



FIGURE 14



FIGURE 15



## ➤ Securing the Patient's Arm

Squeeze the lever to adjust the positioning of the arm tray, such that the patient's forearm sits comfortably on the foam pad. Place the arm on the pad, wrapping the hand around the grip (FIGURE 16). To begin wrapping the patient's wrist, take the VELCRO® and foam flap, wrapping and securing it such that it comfortably sits on the patient's wrist (FIGURE 17). The white VELCRO® strap should be brought around the wrist and fitted for a firm but comfortable holding of the wrist. To wrap and secure the mid-forearm, bring the VELCRO® strap up and over the arm, folding to secure the back end around the Velcro near the elbow (FIGURE 18).



**NOTE:** At this step, extra padding and the prevention of friction is accomplished through the sterile stockinette. The sterile stockinette will also aid in the prevention of the patient's arm sliding.



## > Securing the Patient's Arm with Adhesive Wrap

Firmly wrap the self-adhesive wrap around both the patient's arm alongside the arm tray. Wrap the patient's arm and the Adaptable Arm Tray, continuing up to the patient's elbow. (FIGURE 19). Then, wrap the arm longitudinally, such that the back arm pad is secured against the patient's elbow (FIGURE 20).



## ➤ Post-Surgery Disassembly

Once the case is finished, remove the self-adhesive wrap. Next, release the VELCRO® straps such that the patient's arm is free. First, pop out the foldable tabs on the arm pad, and slide off the hand grip (FIGURE 21). Discard both the foam pad and the hand grip, paying careful attention to not discard the arm tray.

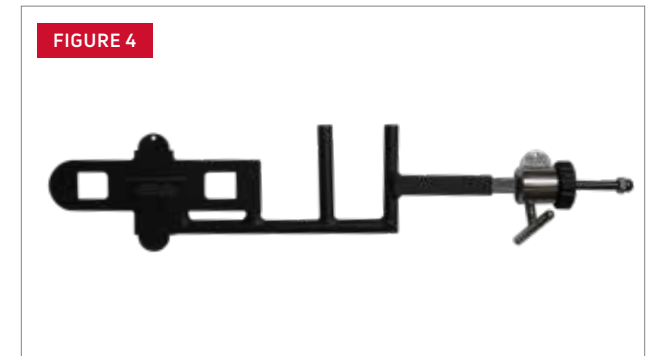
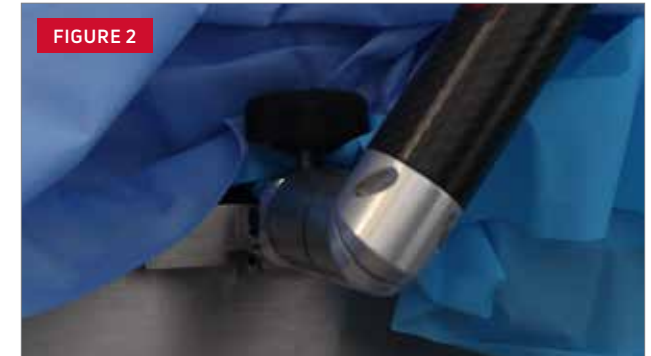
Loosen the top screw on the connector (GOLD). After screw is loose, pull the arm tray up to dislocate it from the connector (FIGURE 22). Next, loosen the bottom screw (SILVER) and remove the connector piece (FIGURE 23). Discard the camera drape.

Finally, loosen the black 5-prong mounting knob, tipping the arm forward toward the surgical table to remove it from the side rail (FIGURE 24).



## > Instrument Guide

1. Arm
2. 5-prong- mounting knob
3. Arm Connector
4. Lateral Decubitus Attachment
5. Arm Tray
6. Disposable Kit
  - a. Camera Bag
  - b. Foam Pad
  - c. Wrap



## > Instrument Guide

Part Numbers	Description
803-33-000	ADAPTABLE ARM
804-33-010	ADAPTABLE ARM, LATERAL DECUBITUS ATTACHMENT
804-33-105	ADAPTABLE ARM, ARM POSITIONER DISPOSABLE KIT, PACK OF 5
804-33-001	ADAPTABLE ARM, ARM POSITIONER CONNECTOR
804-33-002	ADAPTABLE ARM, REPLACEMENT CONNECTOR SCREW, GOLD
803-33-002	ADAPTABLE ARM, REPLACEMENT CONNECTOR SCREW, SILVER
804-33-003	ADAPTABLE ARM, FOREARM BRACKET
804-33-004	ADAPTABLE ARM, PREP HOOK

> Notes






## ARM & SHOULDER SURGICAL TECHNIQUE



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