

How to harvest Hamstring Tendons? “The Safe Mode”

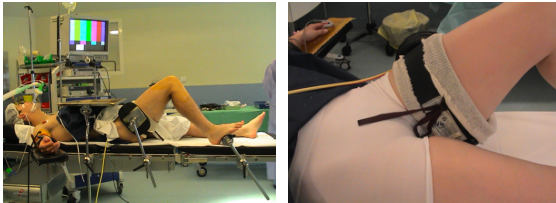
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The safe mode in 5 steps

- ✓The Wave
- ✓The Bubble
- ✓The Right angle (or Hook)
- ✓The Expansions
- ✓The Stripper

Step 0: patient position

✓Tourniquet as high as possible, touch the crotch, knee at 90° or more



Step 1: The Wave

✓Through the skin



Step 1: The Wave

✓Incision centered on the superior edge of this wave



Step 1: The Wave

✓Clean the fat with a sponge



✓ Superior edge of the Sartorius

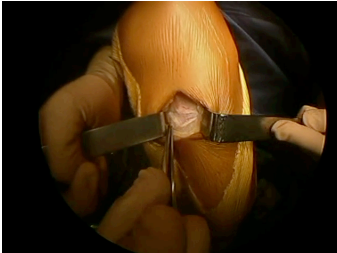
Step 2: The Bubble

- ✓ Make a delicate puncture on the superior edge: you burst the bubble!




Step 2: The Bubble

- ✓ Grasp the inferior lip : it's the sartorius. Enlarge the puncture of the bubble with your scissors, 6 cm proximal, running on the superior edge of the sartorius



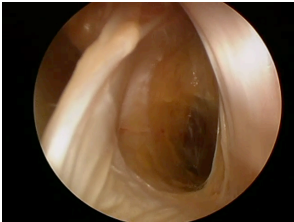
Step 2: The Bubble

- ✓ The bubble is open. The vertical fibers are the MCL. The inferior lip is the superior edge of the sartorius. Soon the hamstrings will be seen on the deep aspect of the sartorius



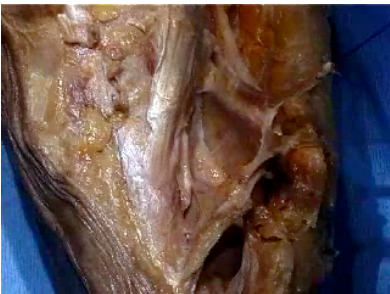
Step 3: The right angle

- ✓ Separate Sartorius and first hamstring (Gracilis)

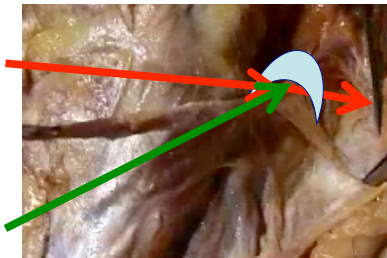


- ✓ Catch the tendon with the right angle proximally

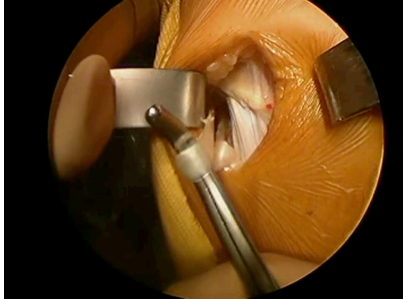
Back to the anatomy!



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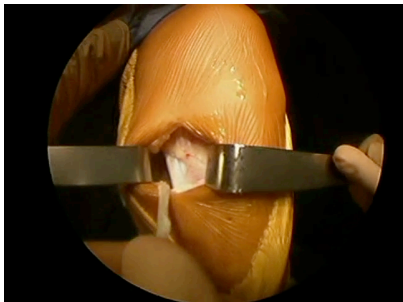
Step 4: the Stripper



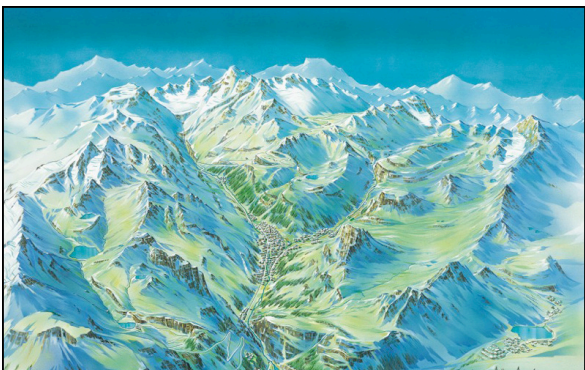
Semi Tendinosus



Semi Tendinosus



End



Thank You