

# **MD3T -- A New Method for Safe, Secure, Accurate Tibial Tubercle Transfers**

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Alan C. Merchant, MD  
Clinical Professor, Emeritus, Stanford  
Staff Surgeon, Emeritus, El Camino Hospital  
Mountain View, CA

Disclosures:

US Patents 7,794,466 & 8,828,010

Royalty: Kinamed, Inc., Camarillo, CA

# **MD3T System**

## **-- A New Technique to Move the Tibial Tubercle**

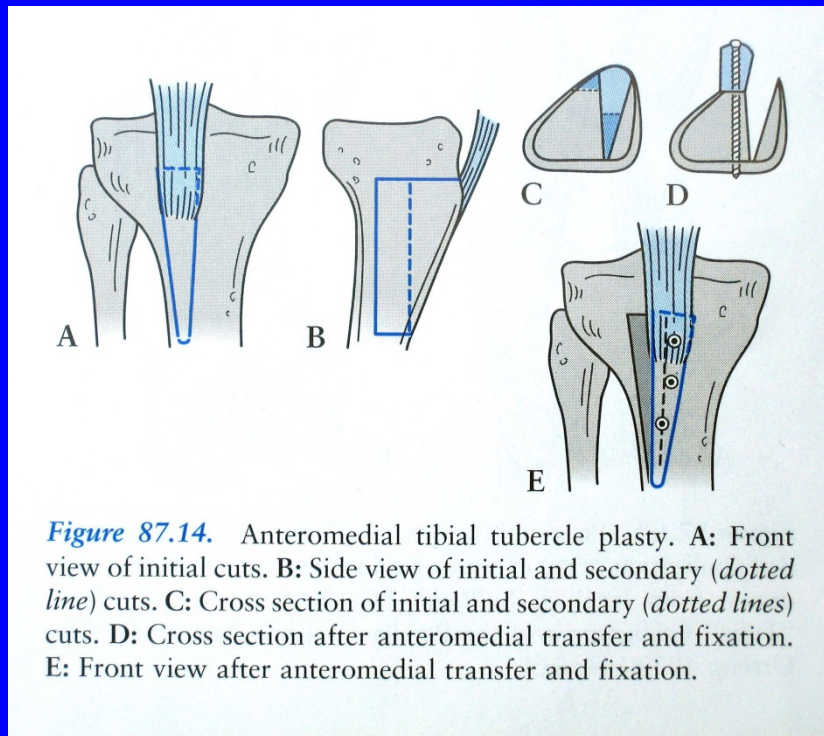
### **Discussion Topics**

- Goals
- Background
- Concept
- Technique
- Biomechanical Testing
- Advantages
- Clinical Use

## MD3T Goals

- **Flexibility**: Medial & Anterior transfer distances are independent; not determined by slope of 1<sup>st</sup> cut. Distal or Proximal transfer as needed.
- **Precision**: Tubercle transferred to the desired position.
- **Safety**: Minimally invasive; minimize the risk of stress fracture. MD3T's cortical defect is about ½ that of the AMZ (15% vs. 26%).
- **Simplicity**: Cutting Guides to control precise cuts.
- **Quick Recovery**: Progressive Weight Bearing as tolerated in splint.
- **Construct Security**: Wedge shape + Bicortical screws enhances fixation.

**Background & History: This was my original technique before the AMZ; it worked very well, so I did not switch.**



Merchant AC (2001) Patellofemoral Joint Disorders.  
In: *Chapman's Orthopedic Surgery*, 3rd ed, pp. 2334-2335, edited by M.W. Chapman. Lippincott Williams & Wilkins, Philadelphia.

### Advantages:

- Progressive WB as tolerated (in splint)
  - No Stress Fractures
  - No pull-offs.
- Less invasive
  - Less pain
- Quick return to work & school
- Colleagues thought it should be

published, **but....**

## Background & History: But, there were problems with my original technique.

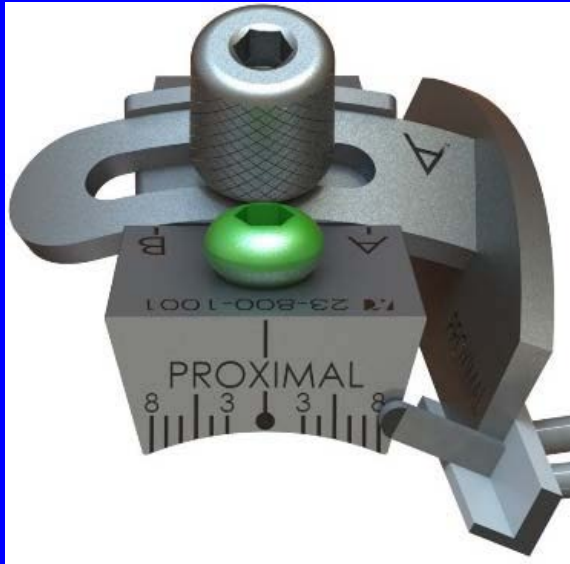


### Disadvantages:

- Too much free-hand sawing
- Too much free-hand carving
- Used hand-made, non-tapered, thin ( $\pm 1$  mm) osteotomes to fit into the saw kerfs & to cut cancellous bone.

← **“Kitchen” Osteotomes**

## Background & History: With Kinamed's Engineers, the MD3T System was developed.



← Adjustable Saw Guides

← Transfer Indicator – It predicts the new position before you cut.



← Small, Thin, Non-tapered Osteotomes

**Concept: The Tubercle can be moved in many directions; therefore, we call it the Multi-Directional Tibial Tubercle Transfer (MD3T).**

Create Two compound wedges: Primary Wedge with TT & Patellar Tendon + Secondary Wedge medial to it. Transposing the two wedges moves the Tubercle medially. Adding Bone Void Filler or Bone Graft laterally & posteriorly, lifts the TT anteriorly.

**Before**



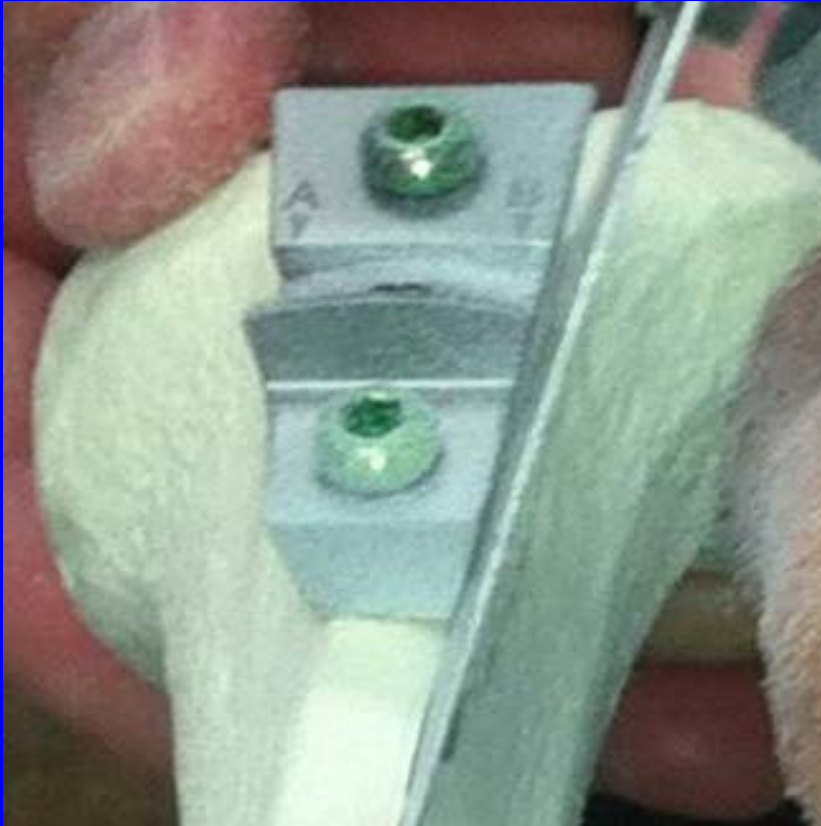
**After**



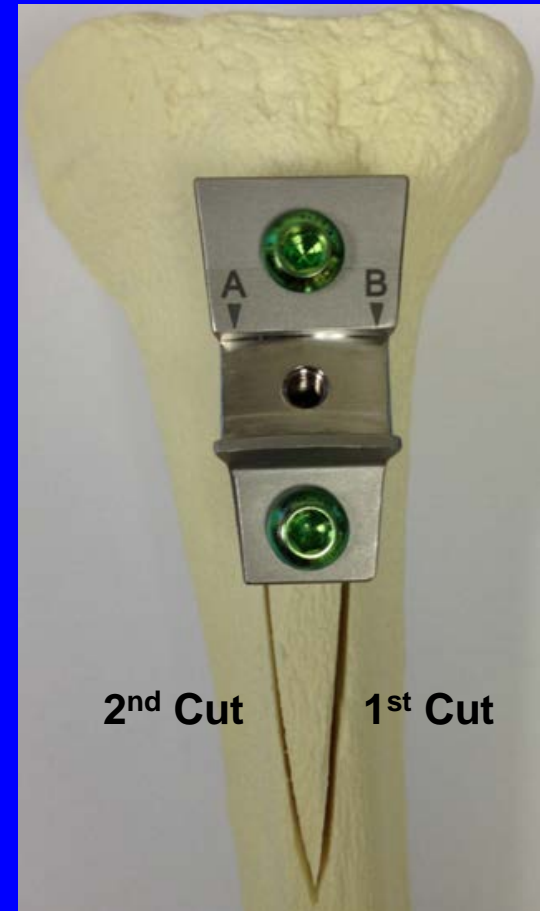


## MD3T Saw Guides

Primary Guide fixed to TT. 1<sup>st</sup> Cut made along its Lateral surface. (Small Tibia shown. Use Outrigger Guide for larger tibias.)



2<sup>nd</sup> Cut made along its Medial surface.





## MD3T Saw Guides

**3<sup>rd</sup> Cut:** Adjust Outrigger Guide to desired width using Indicator Guide (next slide) of Secondary Wedge, lock it tight, and use its medial surface to make the 3<sup>rd</sup> Cut.



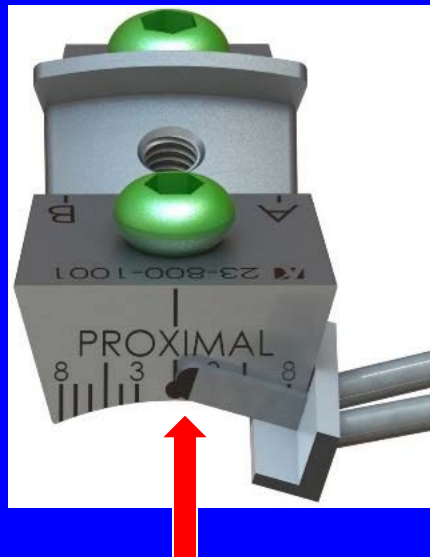
# The MD3T Indicator Guide

(Indicates the new position of TT before 3<sup>rd</sup> Cut is made.)

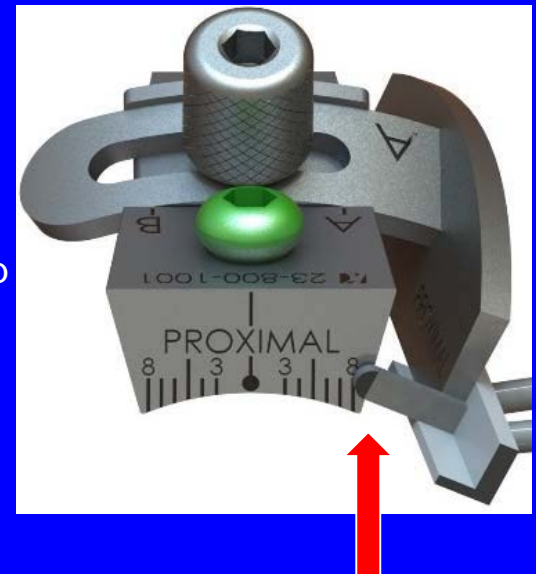
Before making 3<sup>rd</sup> Cut, measure the Q Angle to Indicator Guide Tip (black semi-circle). (Use Surgical Goniometer\*) Shows the “new” Q Angle after transfer. Q Angle use allows “over-correction” of TT to compensate for a very shallow trochlea; can avoid the need for a trochleoplasty. \*Innomed® Goniometer #2029

Or measure from Center Line to Indicator Guide Tip (black semi-circle). Shows the distance the Tubercle will move once transferred. (*Caution! Moving it anteriorly increases the medial distance moved. **Don't over-correct!***)

Indicator Guide Tip showing no medial shift (Red arrow)



Indicator Guide Tip showing 8 mm medial shift (Red arrow)



## Completing the Transfer

- **4<sup>th</sup> Cut** made transversely and proximally under the patellar tendon with non-tapered osteotomes.
- Free the two wedges with saw & osteotomes (Non-tapered osteotomes cut cancellous bone and fit into the cortical saw kerfs without jamming.)
- Transpose the two wedges.

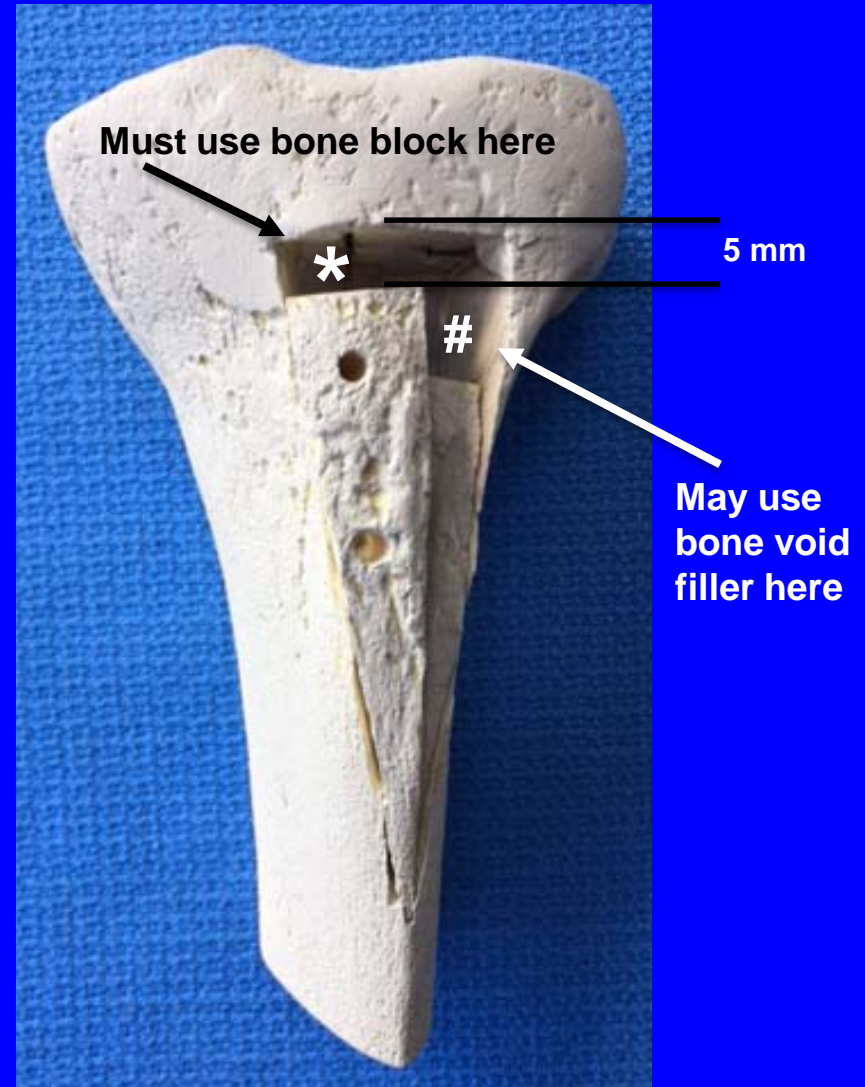


(Guide removed for demonstration)

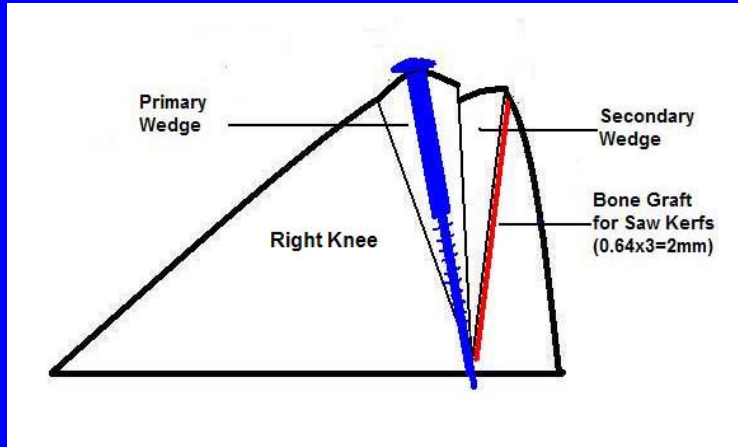


## For Distal Transfer

- Pushing the two wedges distally closes the saw kerfs and moves the TT 5 mm distally.
- Running the saw blade along the closed medial kerf again, widens it, and moves the TT distally 5 mm more.
- Repeating this in the lateral kerf provides another 5 mm.



# Securing Fixation



- Wedge shape with bicortical screws & proximal buttress (4<sup>th</sup> Cut) provide excellent, secure fixation.
- Use synthetic Bone Void Filler (or bone graft) to fill saw kerfs, or any space left from anterior transfer.
- Best filler tested was SKaffold Impress™: Easy to use, Putty-like; Fast setting (20 Mpa in 7 min); Cures harder than bone in 24 hrs.
- Remodels to bone in 2-4 years (is osteoconductive). After fixation, it bears no load in use.



## Securing the Fixation

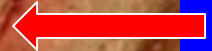
- Mix & apply fast-setting SKaffold Impress™. Fill the saw kerfs laterally for Medial transfer, or use more laterally & posteriorly to lift Tubercle anteriorly for Anteromedial transfer.
- After it has set, secure the fixation with Bicortical stainless steel bone screws.



Epoxy putty & wood screws used for Sawbones.



SKaffold Impress™ & 4.5 mm cortical bone screws used in the cadaver lab.



## Testing Initial MD3T Construct Strength

Sawbones® Lab (cortical model)

Simulated post-op use for 6 weeks

w/ cyclical walking & cyclical  
chair-rise tests:

Construct showed no signs of failure.

Load-to-Failure test:

Cracks appeared at 2,000 N,

but did not fail at 2,500 N

(the test rig's limit).





# Testing Initial MD3T Construct Strength

## Cadaver Lab:

**Specimen #1:** 39 yo M, (160 lbs., medium tibia)

**Secure Fixation:** Simulated 6 wks.

cyclical walking & sit-rise tests:

**No sign of Failure.**

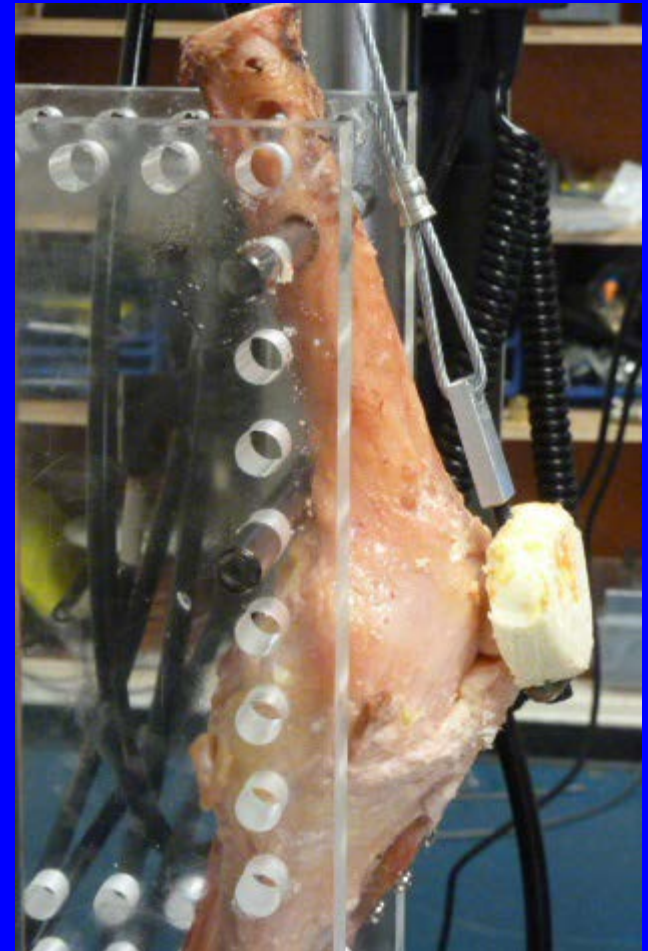
Load-to-Failure: Screws pulled out at 1450 N.

**Specimen #2:** 36 yo F, (190 lbs., small tibia)

**Insecure Fixation** due to technical problems w/ lab equipment & specimen; results were as predicted: Failed in cyclical walking test.

**Lessons:** Same for any reconstruction:

1. Don't leave insecure fixation; reinforce it (cerclage wire, etc).
2. Don't allow FWB w/o splint.
3. Expect more complications in obese patients.



# Rationale & Test Results Published

Journal of Surgical Orthopaedic Advances 25(3):157-64, Fall 2016



Journal of  
Surgical Orthopaedic Advances

PRIMARY ARTICLES

## Multidirectional Tibial Tubercle Transfer Technique: Rationale and Biomechanical Investigation

Vineet K. Sarin, PhD<sup>1</sup>; William Camisa, MS<sup>2</sup>; Jeremi M. Leasure, MS<sup>2</sup>; and Alan C. Merchant, MD<sup>3</sup>

*This study describes a new surgical technique to transfer the tibial tubercle, explains the rationale for its development, and reports the results of initial biomechanical testing. The design goals were to create a tibial tubercle osteotomy that would provide equivalent or better initial fixation compared with traditional techniques, yet would be more flexible, reproducible, accurate, less invasive, and safer. The results of the biomechanical analysis suggest that initial fixation with this novel tubercle transfer technique is as strong as traditional Elmslie–Trillat and anteromedialization procedures. (Journal of Surgical Orthopaedic Advances 25(3):157–164, 2016)*

Key words: anteromedialization, osteotomy, patella tracking, Q angle, tibial tubercle, trochlear groove

## Clinical Use

- No other tubercle transfer technique has had such rigorous:
  - Proof of concept analysis, and
  - Pre-clinical biomechanical testing.
- Clinical use began 2016.

## Case 1

RA, 46 yo F, Anteromedial TTT + Chondroplasty



1 Week Post-op

5 Months Post-op

1 Year Post-op, Patient (& Surgeon) are both pleased.

(3<sup>rd</sup> fixation screw added for additional security)

## Case 2

SS, 45 yo M, Anteromedial TTT + Chondroplasty



1 Week Post-op

4 Months Post-op

11 Months Post-op: Patient (& Surgeon) are both pleased.

## Goals Achieved / Advantages

- **Flexibility**: The Medial & Anterior distances transferred are independent of one another. Controlled Distalization prn.
- **Precision**: Saw & Indicator Guides allow transfer to the desired location; not pre-determined by slope of initial cut.
- **Safety**: Less invasive; NO stress fractures or pull-offs with original 'freehand' method (MD3T cortical defect is about  $\frac{1}{2}$  (15%) of AMZ defect (26%).
- **Simplicity**: Saw Guides allow controlled, precise cuts.
- **Fast Recovery**: Progressive weight bearing as tolerated in splint.
- **Security**: Wedge shape + Bicortical screws = very secure fixation. No failure in simulated 6-week cyclical fatigue tests. Possibly stronger than either Elmslie-Trillat or AMZ.

*As* to diseases ;  
make a habit of two things ;  
to help,  
or at least not to harm.

• Hippocrates •



Thank  
you

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