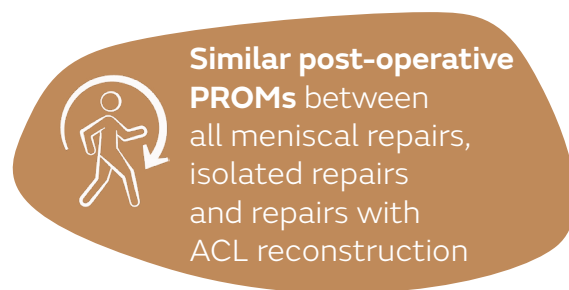


# Meniscal repair using an all-inside technique with FAST-FIX<sup>®</sup> Meniscal Repair Systems: a systematic literature review with meta-analysis

Johnson D, Souter P, Sedgwick M. Clinical performance of an all inside meniscal repair device: a systematic literature review with meta-analysis. Poster presented at: International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS) Congress; June 18–21 2023; Boston, Massachusetts, USA.

## Key points

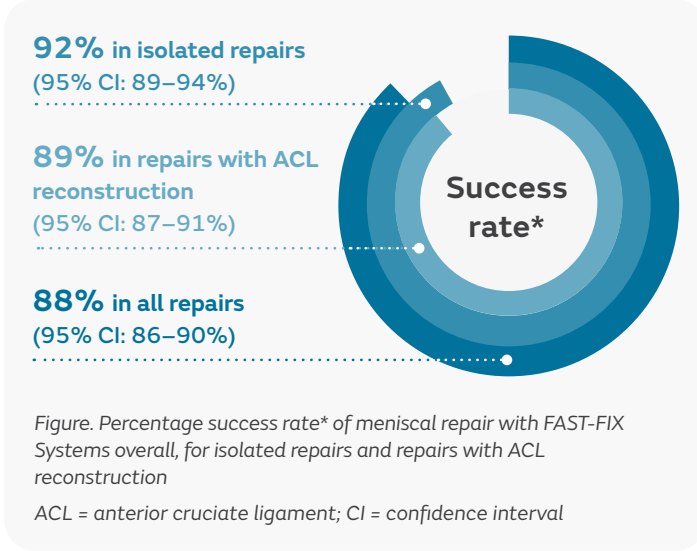


## Overview

- Systematic literature review with meta-analysis to assess meniscal repair using an all-inside technique with the FAST-FIX Systems
- Studies came from searches on Embase on 27 June 2022 with search terms (“fastfix” OR “fast fix”) and PubMed on 26 June 2022, with search terms (“fastfix” OR “fast fix”)
- This review included 38 studies, 2,007 patients and 2,114 meniscal tears
- Key clinical outcomes included success rate,\* re-operation rate on the same meniscus, patient-reported outcome measures (PROMs) including International Knee Documentation Committee (IKDC) score, Lysholm score and Tegner activity score
- Meta-analysis was used to determine outcomes across the included studies for overall repairs, isolated repairs and repairs with concomitant anterior cruciate ligament (ACL) reconstruction

## Results

- Meniscal repair using the all-inside technique with FAST-FIX Systems was associated with a high success rate (Figure):
  - 88% for overall meniscal repairs
  - 92% for isolated repairs
  - 89% for repairs with ACL reconstruction
- Re-operation rates on the same meniscus reported:
  - 10% for overall meniscal repairs (95% Confidence interval [CI]: 7–14%)
  - 6% for isolated meniscal repairs (95% CI: 4–9%)
  - 11% repairs with ACL reconstruction (95% CI: 9–14%)
- Post-operative PROMs were broadly similar:
  - IKDC scores were 86.34 (maximum score: 100) overall, 84.60 for isolated repairs and 84.84 with ACL reconstruction
  - Lysholm scores were 89.43 (maximum score: 100) overall, 85.64 for isolated repairs and 90.78 with ACL reconstruction
  - Tegner activity scores were 6.22 (maximum score: 10) overall, 6.15 for isolated repairs and 6.07 with ACL reconstruction



## Conclusions

Meniscal repairs using an all-inside technique, with the FAST-FIX Meniscal Repair Systems, results in a high success rate. Post-operative outcomes and PROMs are similar for isolated meniscal repairs and meniscal repairs with concomitant ACL reconstruction.

## Considerations

The authors note that the success rate is similar to that reported for inside-out techniques. Importantly, the authors state that resulting PROMs with this technique are comparable to values within the healthy population.

\*As defined by the publication author.

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