

# + Evidence in focus

## **FAST-FIX<sup>®</sup> Meniscal Repair Systems:**

The only family of all-inside devices  
with over 15 years of clinical evidence<sup>1,2</sup>

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**Smith+Nephew**



# FAST-FIX<sup>◇</sup> Meniscal Repair Systems deliver high treatment success rates<sup>1</sup>

## Results of a systematic literature review and meta-analysis<sup>1,2</sup>



**86%**  
 Mean success rate of all-inside FAST-FIX meniscal repair<sup>1</sup>  
 (34 studies, 1,694 repairs)

Unique heritage of clinical evidence<sup>1-3</sup>



## Restore healthy knee function with FAST-FIX Meniscal Repair Systems<sup>2</sup>

### Lysholm Score

**92.3**  
 Mean postoperative score<sup>2</sup>  
 (11 studies, 380 patients)

**94**  
 Mean score in healthy adults<sup>4</sup>



### Tegner Activity Score

**6.3**  
 Mean postoperative score<sup>2</sup>  
 (7 studies, 164 patients)

**5.7**  
 Mean score in healthy adults<sup>4</sup>



### IKDC Score

**86.6**  
 Mean postoperative score<sup>2</sup>  
 (5 studies, 224 patients)

**91.6**  
 Mean score in healthy adults<sup>5</sup>





# FAST-FIX<sup>®</sup> Meniscal Repair Systems: a unique heritage of treatment success<sup>1,2</sup>

## Overview

Meta-analysis of **treatment success rate** following all-inside meniscal repair with FAST-FIX Meniscal Repair Systems in clinical studies:<sup>1</sup>

- **34 studies** - **1,694 repairs**

## Results

### Combined success rate<sup>1</sup>

All outcome measures



**86%**

Mean success rate

95% CI: 83-89%

A meta-analysis considering success as defined by clinical assessment of symptoms only identified a mean success rate of 86% (95% CI: 83-89%) in 18 studies.

### Success rates<sup>1</sup>

Outcomes used to determine treatment success in clinical studies included:

- Second look arthroscopy
- Reoperation rates
- MRI
- Clinical assessment of symptoms

Outcomes were pooled and analysed to determine overall success rates.

Meta-analyses made no allowance for follow-up duration.

### How does our success compare?

A 2012 review identified a success rate of 77% at a mean 7.4 years postoperatively for meniscal repair with inside-out, outside-in and all-inside techniques.<sup>6</sup>





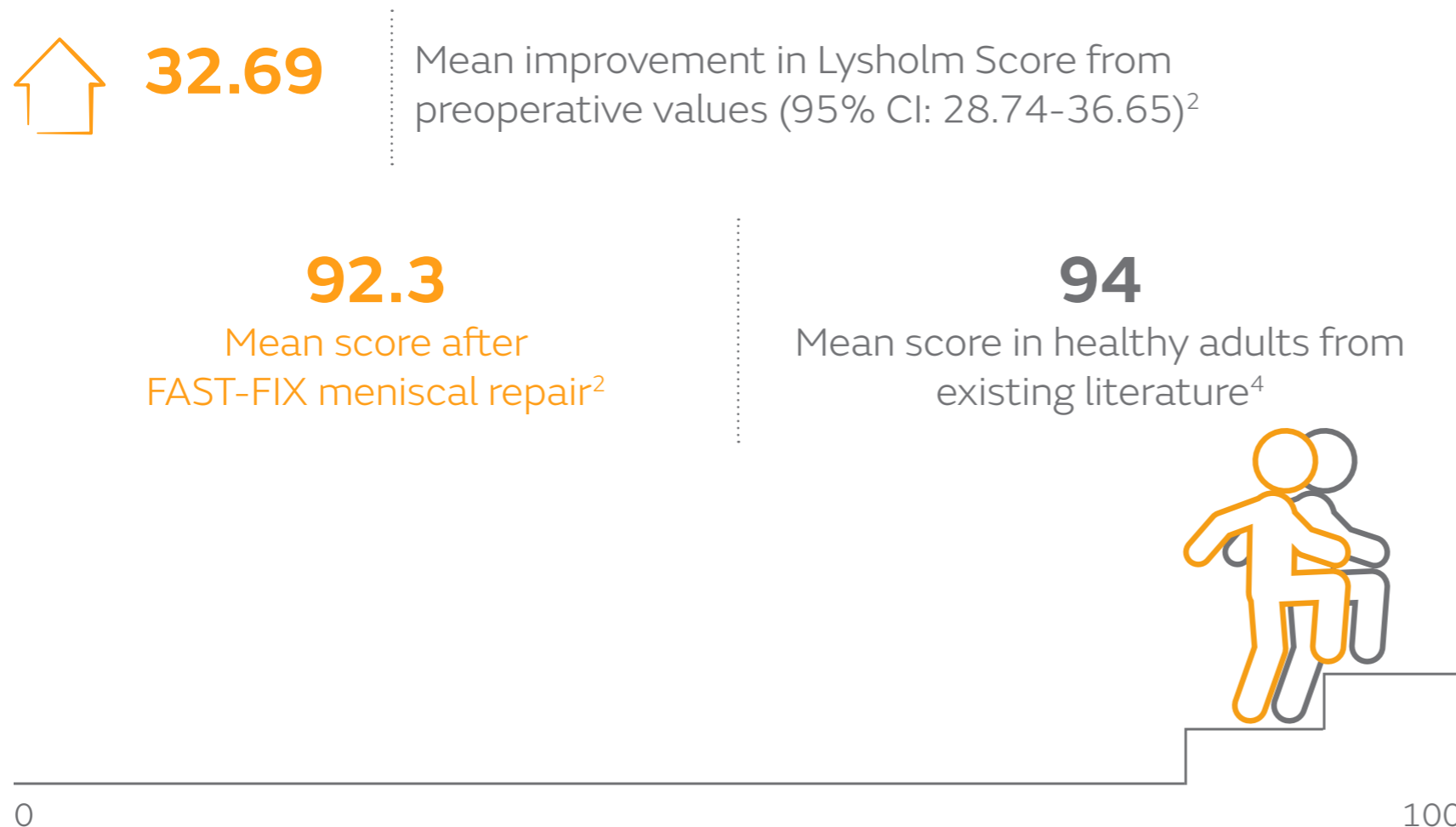
# Only FAST-FIX<sup>◇</sup> Meniscal Repair Systems are clinically proven to restore normal knee stability

## Overview

Meta-analysis evaluating improvement in **Lysholm Score**<sup>7</sup> following all-inside meniscal repair with FAST-FIX Meniscal Repair Systems in clinical studies:<sup>2</sup>

- **11 studies** - **380 patients**

## Results



CI = confidence interval

## Lysholm Score<sup>7</sup>

Outcome measure primarily assessing knee instability.

Knee function is rated in eight categories: limp, locking, pain, stair climbing, support, instability, swelling and squatting.

Final score from 0-100, with a higher score indicating better function.

## Rating scale

95-100 = Excellent

84-94 = Good

65-83 = Fair

<65 = Poor





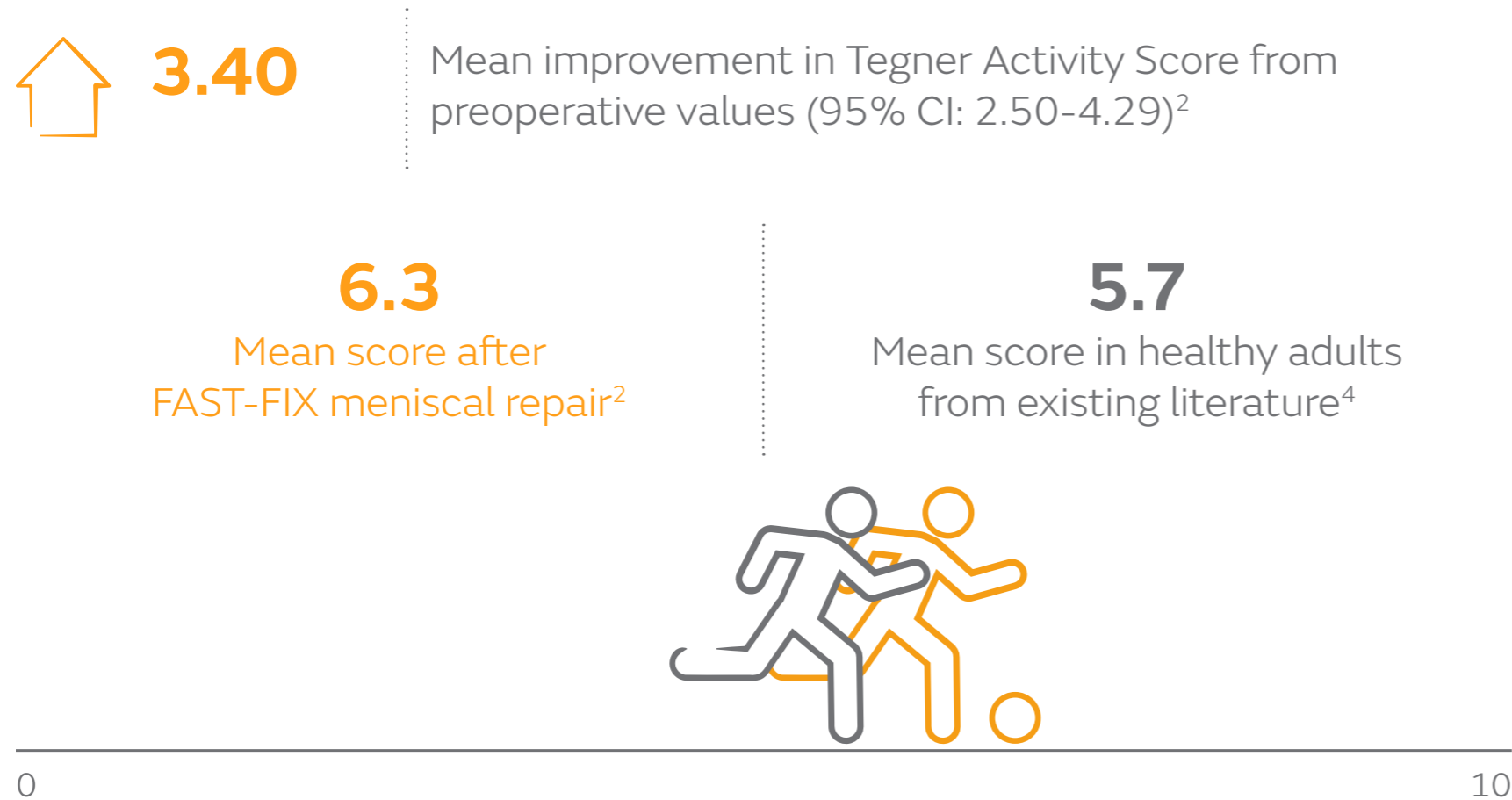
# Only FAST-FIX<sup>◇</sup> Meniscal Repair Systems are clinically proven to restore normal levels of patient activity

## Overview

Meta-analysis evaluating improvement in **Tegner Activity Score**<sup>7</sup> following all-inside meniscal repair with FAST-FIX Meniscal Repair Systems in clinical studies:<sup>2</sup>

- **7 studies** - **164 patients**

## Results



## Tegner Activity Score<sup>7</sup>

Outcome measure assessing activities of daily living, recreation and sports.

Patient rates the highest level of activity they could do before and after their knee injury.

Final score from 0-10, with a higher score indicating a greater capacity for activity.





# Only FAST-FIX<sup>◇</sup> Meniscal Repair Systems are clinically proven to restore healthy knee function

## Overview

Meta-analysis evaluating improvement in **IKDC Score**<sup>7</sup> following all-inside meniscal repair with FAST-FIX Meniscal Repair Systems in clinical studies:<sup>2</sup>

- **5 studies** - **224 patients**

## Results



**30.76**

Mean improvement in IKDC Score from preoperative values (95% CI: 22.02-39.51)<sup>2</sup>

**86.6**

Mean score after FAST-FIX meniscal repair<sup>2</sup>

**91.6**

Mean score in healthy adults from existing literature<sup>5</sup>



0

100

## IKDC Score<sup>7</sup>

Outcome measure assessing knee-related changes in symptoms, function and sports activities.

Patient completes a questionnaire including: symptoms, sports and daily activities, and knee function.

Final score is scaled from 0-100, where 100 equates to unlimited symptom-free daily/sport activities.





# Study design<sup>1,2</sup>

Systematic literature review and meta-analysis to determine success rates and improvements in clinical outcomes related to all-inside meniscal repair with FAST-FIX<sup>®</sup> Meniscal Repair Systems.

## Findings<sup>1,2</sup>

A comprehensive literature search identified a total of 36 clinical studies with  $\geq 10$  adult patients for use in the meta-analysis. Studies reported on one or more of the following outcomes:



### Success rate

34 studies

**Mean success rate: 86%**



### Lysholm Score

11 studies

**Mean postoperative score: 92.3**



### Tegner Activity Score

7 studies

**Mean postoperative score: 6.3**



### IKDC Score

5 studies

**Mean postoperative score: 86.6**

## A unique heritage

A separate systematic literature review evaluating competitor devices only identified 3 relevant clinical studies.<sup>3</sup>

Competitor devices assessed:

- AIR All-Inside Repair (Stryker, MI, USA)
- Truespan<sup>™</sup> Meniscal Repair System (DePuy Synthes, IN, USA)
- Meniscal Cinch<sup>™</sup> and Meniscal Cinch<sup>™</sup> II (Arthrex, FL, USA)
- MaxFire MarXmen Meniscal Repair Device and JuggerStitch<sup>™</sup> Meniscal Repair Device (Zimmer Biomet, IN, USA).

Results are reported from a random effects model. Meta-analyses did not account for duration of follow-up. Analyses for clinical outcomes used estimated standard deviations for studies where no standard deviation was provided, using the method described by Weir, et al.<sup>8</sup>





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