



Semitendinosus tendon

Description	Dimensions			
	(L)	(W)	(FD)	(D)
	cm	mm	mm	mm
530350 Semitendinosus tendon \geq 26 cm	26.0-38.0	3.0-10.0	3.0-12.0	3.0-12.0
530355 Semitendinosus tendon < 26 cm	20.0-25.9	3.0-10.0	3.0-12.0	3.0-12.0

Measurements

L Length measured proximal to distal

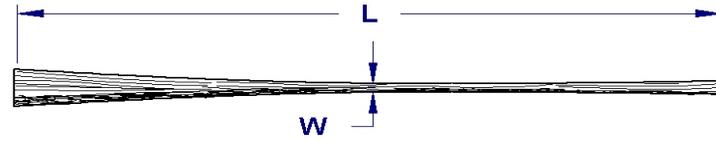
W Minimum distance measured medial to lateral

FD The folded diameter indicates the minimal tunnel through which the tendon can be inserted. This dimension is achieved by folding the tendon lengthwise in half and pulling it through sizing blocks. Each tendon is pulled through decreasing-diameter blocks. When the tendon is unable to pass through the next-lowest block, the previous block is used to indicate the folded diameter

D Minimum tunnel the unfolded tendon can be pulled through. Each tendon is pulled through decreasing diameter holes. When the tendon is unable to pass through the next smaller hole, that hole is used to

indicate the diameter.

Illustration:



**SEMITENDINOSUS TENDON,
ANTERIOR TIBIALIS TENDON,
GRACILIS AND POSTERIOR
TIBIALIS TENDON**

