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Modular length adjustable tubular retractor and a tube breaker

Abstract

A disposable or reusable length adjustable tubular retractor, a surgical system, and a tube breaker for adjusting the length of the length adjustable tubular retractor are provided. The length adjustable tubular retractor includes a cylindrical body and at least one or a plurality of grooves or through slots or a combination thereof circumferentially disposed along the cylindrical body at predetermined positions. Each of the at least one or a plurality of grooves, through slots, or a combination thereof is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor. A surgical system includes the length adjustable tubular retractor and a retractor handle.

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Background/Summary

CROSS-REFERENCE TO RELATED APPLICATIONS (1) This application is a continuation of U.S. Nonprovisional application Ser. No. 18/515,163, filed on Nov. 20, 2023, which claims the benefit of U.S. Provisional Patent Application Ser. No. 63/447,072, entitled “Modular Length Adjustable Tubular Retractor” filed on Feb. 21, 2023, the content of which is incorporated herein by reference in its entirety.

FIELD OF THE INVENTION

(1) The present application provides in various embodiments, exemplary devices, systems, and methods for providing selectable sized surgical retractors for facilitating access to a surgical site within the body, particularly the spine.

SUMMARY

(2) In various embodiments, the disclosure provides a disposable or reusable length adjustable tubular retractor that is scored and/or through slotted to enable breakage of the retractor at one or more locations along a length. Accordingly, the length adjustable tubular retractor includes a cylindrical body having a hollow interior, a central axis, proximal end and distal ends and internal and exterior surfaces, where one or both of the internal surface and the exterior surface of the cylindrical body includes at least one or a plurality of grooves (scores), or through slots, or a combination thereof, circumferentially disposed along the length of the cylindrical body at predetermined positions, the at least one or plurality of the grooves or through slots positioned

along the cylindrical body between the proximal end and the distal end, wherein each of the at least one or a plurality of grooves, through slots or a combination thereof is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(3) In an embodiment, a length adjustable tubular retractor includes a scored tubular retractor including a cylindrical body, the scored tubular retractor being adapted for breaking away at least a portion of the cylindrical body to thereby adjust the length of the tubular retractor. The cylindrical body has a proximal end, a distal end, an internal surface, and an exterior surface. The internal surface faces toward a central axis of the cylindrical body, and the exterior surface faces away from the central axis of the cylindrical body. The cylindrical body includes at least one exterior groove disposed circumferentially within the exterior surface of the cylindrical body between the proximal end and the distal end. The at least one exterior groove is disposed at a predetermined position along the central axis from the proximal end to the distal end.

(4) In some embodiments, the at least one exterior groove includes a V-shape, the V-shape having an angle at its apex along the exterior surface.

(5) In some embodiments, the at least one exterior groove includes a U-shape, the U-shape having a curvature along the exterior surface.

(6) In some embodiments, the length adjustable tubular retractor includes a plurality of exterior grooves spaced apart along the length of the cylindrical body between the proximal end and the distal end.

(7) In some embodiments, the length adjustable tubular retractor includes at least one through slot circumferentially disposed through the cylindrical body between the proximal end and the distal end.

(8) In some embodiments, the length adjustable tubular retractor includes at least one through slot circumferentially disposed through the cylindrical body between the proximal end and the distal end and along a portion of the at least one exterior groove.

(9) In some embodiments, the length adjustable tubular retractor includes a plurality of exterior grooves spaced apart along the length of the cylindrical body between the proximal end and the distal end, and a plurality of through slots, each exterior groove comprising at least one of the plurality of through slots disposed along a portion of the exterior groove.

(10) In some embodiments, the length adjustable tubular retractor includes a plurality of exterior grooves spaced apart along the length of the cylindrical body between the proximal end and the distal end, and a plurality of through slots, each exterior groove comprising at least one of the plurality of through slots disposed along a portion of the exterior groove, and the plurality of through slots is disposed in a staggered arrangement along the length of the cylindrical body between the proximal end and the distal end.

(11) In some embodiments, the length adjustable tubular retractor includes a plurality of exterior grooves spaced apart along the length of the cylindrical body between the proximal end and the distal end, and a plurality of through slots, each exterior groove comprising at least one of the plurality of through slots disposed along a portion of the exterior groove, and the plurality of through slots is disposed in a spiral arrangement along the length of the cylindrical body between the proximal end and the distal end.

(12) In some embodiments, the length adjustable tubular retractor includes a plurality of exterior grooves spaced apart along the length of the cylindrical body between the proximal end and the distal end, and a plurality of through slots, each exterior groove comprising at least one of the plurality of through slots disposed along a portion of the exterior groove, and each of the plurality of through slots is disposed sequentially along the length of the cylindrical body between the proximal end and the distal end at 90 degrees from each adjacent through slot.

(13) In some embodiments, the length adjustable tubular retractor includes at least one interior groove disposed circumferentially within the internal surface of the cylindrical body, and the at

least one interior groove is aligned with and opposite the at least one exterior groove.

(14) In some embodiments, the length adjustable tubular retractor includes a retractor handle extending from the proximal end of the cylindrical body.

(15) In some embodiments, the length adjustable tubular retractor includes a retractor handle extending from the proximal end of the cylindrical body and further includes a frame extending from the retractor handle. The frame has two generally planar arms facing one another and configured to retain one or more attachments extending into the cylindrical body.

(16) In some embodiments, the length adjustable tubular retractor includes a retractor handle extending from the proximal end of the cylindrical body and further includes a frame extending from the retractor handle. The frame has two generally planar arms facing one another and configured to retain one or more attachments extending into the cylindrical body, and two generally planar arms facing one another are configured to retain one or more of lighting and suction attachments.

(17) In an embodiment, a length adjustable tubular retractor includes a scored tubular retractor comprising a cylindrical body, at least one exterior groove and one interior groove, and at least one through slot positioned between the proximal end and the distal end of the cylindrical body. The at least one interior groove is aligned with and opposite the at least one exterior groove, and the at least one through slot is circumferentially disposed through the cylindrical body along a portion of the aligned exterior and interior groove.

(18) In an embodiment, a method for providing a size-selected length adjustable tubular retractor includes (i) providing a length adjustable tubular retractor; (ii) selecting one of the predetermined positions along the cylindrical body at which to break the retractor; and (iii) engaging a tool to enable a break at the selected predetermined position at the groove located at the selected predetermined position. The length adjustable tubular retractor includes a scored tubular retractor including a cylindrical body, the scored tubular retractor adapted for breaking away at least a portion of the cylindrical body to thereby adjust the length of the tubular retractor, the cylindrical body having a proximal end, a distal end, an internal surface, and an exterior surface, the internal surface facing toward a central axis of the cylindrical body, the exterior surface facing away from the central axis of the cylindrical body, the cylindrical body including at least one exterior groove disposed circumferentially within the exterior surface of the cylindrical body between the proximal end and the distal end. The at least one exterior groove is disposed at a predetermined position along the central axis from the proximal end to the distal end.

(19) In some embodiments, the tool is a pair of human hands, one hand disposed proximal to the selected predetermined position and the other hand is disposed distal to the selected predetermined position, each hand gripping the retractor along the central axis. The action of breaking is accomplished by rotation of the hands off of the central axis to break the cylindrical body.

(20) In some embodiments, the tool is a pair of opposable insertion rods, clamps, or a combination thereof, one of which is engaged with the cylindrical body disposed proximal to the selected predetermined position and the other of which is engaged with the cylindrical body distal to the selected predetermined position, each of the pair of opposable insertion rods, clamps, or a combination thereof engaging the retractor along the central axis. The action of breaking is accomplished by rotation of the pair of opposable insertion rods, clamps, or a combination thereof off of the central axis to break the cylindrical body.

(21) In an embodiment, a length adjustable tubular retractor system includes a length adjustable tubular retractor and a tube breaker for adjusting the length of the length adjustable tubular retractor. The length adjustable tubular retractor includes a scored tubular retractor including a cylindrical body, the scored tubular retractor adapted for breaking away at least a portion of the cylindrical body to thereby adjust the length of the tubular retractor, the cylindrical body having a proximal end, a distal end, an internal surface, and an exterior surface, the internal surface facing toward a central axis of the cylindrical body, the exterior surface facing away from the central axis

of the cylindrical body, the cylindrical body including at least one exterior groove disposed circumferentially within the exterior surface of the cylindrical body between the proximal end and the distal end. The at least one exterior groove is disposed at a predetermined position along the central axis from the proximal end to the distal end. The tube breaker includes a protuberance portion, the protuberance portion having a top, side, and bottom, the side of the protuberance portion disposed between the top and bottom of the protuberance portion, the protuberance portion extending from the top toward the bottom along a longitudinal axis, the protuberance portion having cross-sectional areas along the longitudinal axis; an upper portion, the upper portion having a generally cylindrical shape, the upper portion adapted to be slidably inserted in a length adjustable tubular retractor, the upper portion having a first end, the upper portion extending from the first end along the longitudinal axis toward the protuberance portion and connecting to the top of the protuberance portion, the upper portion having cross-sectional areas along the longitudinal axis, wherein the cross-sectional area at the top of the protuberance portion is greater than the cross-sectional area of the upper portion where the upper portion connects to the top of the protuberance; a lower portion, the lower portion having a generally cylindrical shape, the lower portion adapted to be slidably inserted in a length adjustable tubular retractor, the lower portion having a second end, the lower portion extending from the second end along the longitudinal axis toward the protuberance portion and connecting to the bottom of the protuberance portion, the lower portion having cross-sectional areas along the longitudinal axis, wherein the cross-sectional area at the bottom of the protuberance portion is greater than the cross-sectional area of the lower portion where the lower portion connects to the bottom of the protuberance portion; and a plurality of marks disposed on the upper portion, protuberance portion, and lower portion, each mark indicating a relative longitudinal location measured from the first end. The upper portion and lower portion are configured to enable a break, when inserted in a length adjustable tubular retractor, at a selected predetermined position on the length adjustable tubular retractor by an action of breaking, wherein the action of breaking is accomplished by hands of the operator gripping the length adjustable tubular retractor and tube breaker and applying force or moment to induce bending moment greater than the bending moment the selected predetermined position on the length adjustable tubular retractor can withstand.

(22) In some embodiments, the upper portion of the tube breaker is chamfered at the first end such that the cross-sectional areas are decreasing along the longitudinal axis toward the first end.

(23) In some embodiments, the lower portion of the tube breaker is chamfered at the second end such that the cross-sectional areas are decreasing along the longitudinal axis toward the second end.

(24) In some embodiments, each mark of the tube breaker is spaced equidistance of approximately 5-15 mm.

(25) In some embodiments, each mark of the tube breaker is spaced equidistance of approximately 10 mm.

Description

BRIEF DESCRIPTION OF THE DRAWINGS

(1) FIG. 1 is an upper perspective view showing an exemplary length adjustable tubular retractor.

(2) FIG. 2 is an elevation view of the length adjustable tubular retractor shown in FIG. 1.

(3) FIG. 3 is showing elevation views of another exemplary length adjustable tubular retractor.

(4) FIG. 4 is a view showing a vertical cross-section of an exemplary length adjustable tubular retractor.

(5) FIG. 5 is showing elevation views of other exemplary embodiments of a length adjustable tubular retractor.

(6) FIG. 6 is illustrating a break of an exemplary length adjustable tubular retractor at a

predetermined position.

(7) FIG. 7 is a view showing an exemplary length adjustable tubular retractor with a retractor arm.

(8) FIG. 8 is a view showing an exemplary length adjustable tubular retractor with a retractor handle.

(9) FIG. 9 is a view showing an exemplary surgical system.

(10) FIG. 10 is showing various exemplary embodiments of a groove of a length adjustable tubular retractor.

(11) FIGS. 11A and 11B are showing various exemplary embodiments of a groove and

(12) interior groove of a length adjustable tubular retractor.

(13) FIG. 12 is showing other exemplary embodiments of a groove and interior groove of a length adjustable tubular retractor.

(14) FIG. 13 is showing an exemplary cross section at a circumference of a length adjustable tubular retractor at a predetermined position.

(15) FIG. 14 is showing views illustrating a groove and through slot of an exemplary length adjustable tubular retractor at a predetermined position.

(16) FIG. 15 is showing various exemplary embodiments of a through slot of a length adjustable tubular retractor at a predetermined position.

(17) FIG. 16 is a view showing an exemplary surgical system including an exemplary length adjustable tubular retractor and an exemplary tube breaker.

(18) FIG. 17 is a view showing one end of the tube breaker shown in FIG. 16 is inserted into the length adjustable tubular retractor shown in FIG. 16 to enable a break at a predetermined position on the length adjustable tubular retractor.

(19) FIG. 18 is another view showing the other end of the tube breaker shown in FIG. 16 is inserted into the length adjustable tubular retractor shown in FIG. 16 to enable a break at a different predetermined position on the length adjustable tubular retractor.

(20) FIG. 19 is a view showing the tube breaker shown in FIG. 18 is breaking the length adjustable tubular retractor shown in FIG. 18 at the predetermined position when an action of breaking is employed.

(21) FIG. 20 is a lower bottom perspective view of the tube breaker shown in FIG. 16.

(22) FIG. 21 is a front view of the tube breaker shown in FIG. 16.

(23) FIG. 22 is a rear view of the tube breaker shown in FIG. 16.

(24) FIG. 23 is a right side elevation view of the tube breaker shown in FIG. 16.

(25) FIG. 24 is a left side elevation view of the tube breaker shown in FIG. 16.

(26) FIG. 25 is a top view of the tube breaker shown in FIG. 16.

(27) FIG. 26 is a bottom view of the tube breaker shown in FIG. 16.

(28) Other features and advantages of the present invention will be apparent from the following more detailed description, taken in conjunction with the accompanying drawings, which illustrate, by way of example, the principles of the invention.

(29) Additional embodiments will now be described employing reference numerals to identify the features of the length adjustable tubular retractor.

TABLE OF REFERENCE NUMERALS

(30) The following Reference Numeral Key describes various features as shown in the drawings and relating to the various embodiments as set forth in the description and claims:

(31) TABLE-US-00001 Disposable Length adjustable 100 Hollow Interior 102 tubular Retractor Size-selected Disposable 101 Surgical System 103 Length adjustable tubular Retractor Cylindrical body 10 Through slot 40 Proximal End 11 Angle 42 Distal End 12 Proximal Edge 43 Internal Surface 13 Distal Edge 44 Exterior Surface 14 First Taper Angle 45 Central Axis 15 Second Taper Angle 46 Cross Section 16 Through slot End 48 Distance, Equidistance, 17 Through slot Edge 49 Non-equidistance V-shape 18 Mounting Bracket 50 U-Shape 19 Plate 51 Exterior Groove/Groove 20 First Arm 59 Predetermined Position 21 Second Arm 60 Angle 22 Device Emplacement 62

Apex 23 Surgical Tool 63 Interior Groove 25 Through slot Edge Angle 64 Right Angle 27
Circumference 66 Retractor Arm 30 Residual Area 67 Retractor Handle 31 Lost Area 68 Ring 32
Residual Thickness 70 Arm 34 Predetermined Thickness 71 Frame 35 Depth 72 Two Generally
Planar Arms 36 Tube Breaker 200 Upper Portion 211 Protuberance Portion 201 First End 212 Top
(Protuberance Portion) 202 Cross-Sectional Areas 213 (Upper Portion) Side (Protuberance Portion)
203 Cross-Sectional Area 214 (Where the Upper Portion Connects to the Top of the Protuberance)
Bottom (Protuberance 204 Lower Portion 215 Portion) Longitudinal Axis 205 Second End 216
Cross-Sectional Areas 206 Cross-Sectional Areas 217 (Protuberance Portion) (Lower Portion)
Cross-Sectional Area (At the 207 Cross-Sectional Area 218 Top of the Protuberance (Where the
Lower Portion Portion) Connects to the Bottom of the Protuberance) Cross-Sectional Area (At the
208 Recess 219 Bottom of the Protuberance Portion) Mark 209 Selected Predetermined 220
Position

DETAILED DESCRIPTION

(32) This disclosure describes exemplary embodiments in accordance with the general inventive concepts and is not intended to limit the scope of the invention in any way. Indeed, the invention as described in the specification is broader than and unlimited by the exemplary embodiments set forth herein, and the terms used herein have their full ordinary meaning.

(33) Shortcomings in the art have been overcome by the instant invention which provides a device, system and methods that ensure efficient selectable provision in the surgical suite of an optimally sized tubular retractor that meets the specifications for access to the anatomical site of interest, for example the spine, of a patient. In some specific embodiments, the invention provides a length adjustable tubular retractor that may be selectably sized in the surgical suite to fit a particular patient. In some further embodiments, the length adjustable tubular retractor may incorporate features to minimize obstructions in the surgical field and provides a variety of options for affixing one or a combination of fluid movement and light sources that are low profile and occupy only nominal space within the tubular retractor. While reference herein is made to some specific embodiments of the length adjustable tubular retractor that are disposable, and thus, single use, in other possible embodiments the length adjustable tubular retractor may be multi-use and re-sterilizable. As such, the term “disposable” is used only in reference to representative embodiments and is not limiting.

(34) In various embodiments, the disclosure provides a disposable or reusable, length adjustable tubular retractor that is scored and/or through slotted to enable breakage of the retractor at one or more locations along a length. Accordingly, the length adjustable tubular retractor includes a cylindrical body having a hollow interior, a central axis, proximal end and distal ends and internal and exterior surfaces, where one or both of the internal surface and the exterior surfaces of the cylindrical body includes at least one or a plurality of grooves (scores) or through slots or a combination thereof circumferentially disposed along the cylindrical body at predetermined positions, the at least one or plurality of the grooves or through slots positioned along the cylindrical body between the proximal end and the distal end, wherein each of the at least one or a plurality of grooves, through slots or a combination thereof is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(35) In some embodiments, the disposable length adjustable tubular retractor is disposable. In other embodiments, the disposable length adjustable tubular retractor is reusable. In some embodiments, the length adjustable tubular retractor includes only one groove or only one through slot. In some embodiments, the length adjustable tubular retractor includes a plurality of grooves or a plurality of through slots.

(36) In some embodiments, the length adjustable tubular retractor includes a plurality of features arranged along the body of the length adjustable tubular retractor, each feature comprising a combination of a groove and a through slot, as more specifically disclosed herein. According to

such embodiments, each such feature confers a through slotted opening through the exterior and internal surfaces and into the hollow interior of the length adjustable tubular retractor wherein the through slot is adjacent a groove. According to some such embodiments, the through slot portion of the feature may represent from about 10% to about 90% of the circumference of the length adjustable tubular retractor and the groove portion of the feature may represent from about 10% to about 90% of the circumference of the length adjustable tubular retractor, wherein the sum of the through slot and the groove portions is equal to 100%. In one exemplary embodiment, the through slot portion of the feature may represent about 70% of the circumference of the body of the length adjustable tubular retractor, and the groove portion of the feature may represent about 30% of the circumference of the body of the length adjustable tubular retractor.

(37) In various embodiments, each groove has a shape and a depth (i.e., the distance from the outer surface penetrating the body of the retractor) that is suitable based on the material from which the length adjustable tubular retractor is formed to enable breakage and removal of the portion of the body of the length adjustable tubular retractor below the through slot/groove feature that is broken. In some embodiments, the depth of the groove may be represented in metric units and in other embodiments the depth of the groove may be represented as residual material.

(38) In some embodiments, a length adjustable tubular retractor includes groove features on each of the internal and exterior surfaces of the body of the length adjustable tubular retractor.

(39) Referring now to the drawings, FIG. 1 shows an upper perspective view showing an exemplary length adjustable tubular retractor. The length adjustable tubular retractor **100** includes a cylindrical body having a hollow interior **102**.

(40) In some embodiments, a disposable length adjustable tubular retractor **100** includes a cylindrical body **10** having a proximal end **11**, distal end **12**, internal surface **13**, and exterior surface **14**, the internal surface **13** facing toward a central axis **15** of the cylindrical body **10**, the exterior surface **14** facing away from the central axis **15** of the cylindrical body **10**, wherein the cylindrical body **10** has cross sections **16** along the central axis **15**; and at least one exterior groove **20** circumferentially disposed along the exterior surface **14** of the cylindrical body **10** between the proximal end **11** and the distal end **12**, the at least one exterior groove **20** disposed at a predetermined position **21** along the central axis **15** from the proximal end **11** to the distal end **12**, wherein the at least one exterior groove **20** is configured such that the cylindrical body **10** is breakable at each of the predetermined positions **21** to form a size-selected disposable length adjustable tubular retractor **101**.

(41) In another embodiment, a disposable length adjustable tubular retractor **100** includes a cylindrical body **10** having a proximal end **11**, distal end **12**, internal surface **13**, and exterior surface **14**, the internal surface **13** facing toward a central axis **15** of the cylindrical body **10**, the exterior surface **14** facing away from the central axis **15** of the cylindrical body **10**, wherein the cylindrical body **10** has cross sections **16** along the central axis **15**; at least one exterior groove **20** circumferentially disposed along the exterior surface **14** of the cylindrical body **10** between the proximal end **11** and the distal end **12**, the at least one exterior groove **20** disposed at a predetermined position **21** along the central axis **15** from the proximal end **11** to the distal end **12**, wherein the at least one exterior groove **20** is configured such that the cylindrical body **10** is breakable at each of the predetermined positions **21** to form a size-selected disposable length adjustable tubular retractor **101**; and at least one of through slot **40** circumferentially disposed along the cylindrical body **10** between the proximal end **11** and the distal end **12**, the at least one through slot **40** disposed at a predetermined position **21** along the central axis **15**, wherein the at least one through slot **40** is configured such that the cylindrical body **10** is disconnected along and at each of the at least one through slot **40** and breakable at each of the predetermined positions **21** to form a size-selected disposable length adjustable tubular retractor **101**.

(42) In another embodiment, a disposable length adjustable tubular retractor **100** includes a cylindrical body **10** having a proximal end **11**, distal end **12**, internal surface **13**, and exterior

surface **14**, the internal surface **13** facing toward a central axis **15** of the cylindrical body **10**, the exterior surface **14** facing away from the central axis **15** of the cylindrical body **10**, wherein the cylindrical body **10** has cross sections **16** along the central axis **15**; and at least one of through slot **40** circumferentially disposed along the cylindrical body **10** between the proximal end **11** and the distal end **12**, the at least one through slot **40** disposed at a predetermined position **21** along the central axis **15**, wherein the at least one through slot **40** is configured such that the cylindrical body **10** is disconnected along and at each of the at least one through slot **40** and breakable at each of the predetermined positions **21** to form a size-selected disposable length adjustable tubular retractor **101**.

(43) In another embodiment, a disposable length adjustable tubular retractor **100** may further include a retractor handle **31**, the retractor handle **31** comprising a ring **32** configured to be attached to the disposable length adjustable tubular retractor **100**, the ring **32** formed directly onto the disposable length adjustable tubular retractor **100** such that the ring **32** is fixedly attached to the disposable length adjustable tubular retractor **100**, and an arm **34** extending from the ring **32**.

(44) In another embodiment, a disposable length adjustable tubular retractor **100** may further include a frame **35** extending from a retractor handle **31**, the frame **35** having two generally planar arms **36**, the two generally planar arms **36** facing one another, the two generally planar arms **36** configured to be attached to a table arm, wherein the frame **35** is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame **35** and fix the disposable length adjustable tubular retractor **100** thereby when the cylindrical fastening device engages in a fastening mode.

(45) In another embodiment, a surgical system **103** includes a disposable length adjustable tubular retractor **100**; a retractor handle **31**, including: a ring **32** configured to be attached to the disposable length adjustable tubular retractor **100**, the ring **32** formed directly onto the disposable length adjustable tubular retractor **100** such that the ring is fixedly attached to the tubular retractor; and an arm **34** extending from the ring **32**; and a mounting bracket **50**, including: a plate **51**; first and second arms **59**, **60** adjacent to and extending from the of the plate **51**, the first and second arms **59**, **60** each including at least one device emplacement **62** disposed adjacent to the plate **51** to receive and hold in-place a surgical tool **63** at a fixed position and orientation.

(46) In another embodiment, a surgical system may further include a frame **35** extending from a retractor handle **31**, the frame **35** having two generally planar arms **36**, the two generally planar arms **36** facing one another, the two generally planar arms **36** configured to be attached to a table arm, wherein the frame **35** is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame **35** and fix the disposable length adjustable tubular retractor **100** thereby when the cylindrical fastening device engages in a fastening mode.

(47) In another embodiment, a tube breaker **200** for adjusting the length of a length adjustable tubular retractor **100**, the tube breaker **200** includes a protuberance portion **201**, the protuberance portion **201** having a top **202**, side **203**, and bottom **204**, the side **203** of the protuberance portion **201** disposed between the top **202** and bottom **204** of the protuberance portion **201**, the protuberance portion **201** extending from the top **202** toward the bottom **204** along a longitudinal axis **205**, the protuberance portion **201** having cross-sectional areas **206** along the longitudinal axis **205**; an upper portion **211**, the upper portion **211** having a generally cylindrical shape, the upper portion **211** adapted to be slidably inserted in a length adjustable tubular retractor **100**, the upper portion **211** having a first end **212**, the upper portion **211** extending from the first end **212** along the longitudinal axis **205** toward the protuberance portion **201** and connecting to the top **202** of the protuberance portion **201**, the upper portion **211** having cross-sectional areas **213** along the longitudinal axis **205**, wherein the cross-sectional area **207** at the top **202** of the protuberance portion **201** is greater than the cross-sectional area **214** of the upper portion **211** where the upper portion **211** connects to the top **202** of the protuberance **201**; a lower portion **215**, the lower portion **215** having a generally cylindrical shape, the lower portion **215** adapted to be slidably inserted in a

length adjustable tubular retractor **100**, the lower portion **215** having a second end **216**, the lower portion **215** extending from the second end **215** along the longitudinal axis **205** toward the protuberance portion **201** and connecting to the bottom **204** of the protuberance portion **201**, the lower portion **215** having cross-sectional areas **217** along the longitudinal axis **205**, wherein the cross-sectional area **208** at the bottom **204** of the protuberance portion **201** is greater than the cross-sectional area **218** of the lower portion **215** where the lower portion **215** connects to the bottom **204** of the protuberance portion **201**; and a plurality of marks **209** disposed on the upper portion **211**, protuberance portion **201**, and lower portion **215**, each mark **209** indicating a relative longitudinal location measured from the first end **212**; wherein the upper portion **211** and lower portion **215** are configured to enable a break, when inserted in a length adjustable tubular retractor **100**, at a selected predetermined position **220** on the length adjustable tubular retractor **100** by an action of breaking, wherein the action of breaking is accomplished by hands of the operator gripping the length adjustable tubular retractor **100** and tube breaker and applying force or moment to induce bending moment greater than the bending moment the selected predetermined position **220** on the length adjustable tubular retractor **100** can withstand.

(48) Referring now to FIG. 2, in one embodiment, a disposable length adjustable tubular retractor **100** includes a cylindrical body **10** having a proximal end **11**, distal end **12**, internal surface **13**, and exterior surface **14**, the internal surface **13** facing toward a central axis **15** of the cylindrical body **10**, the exterior surface **14** facing away from the central axis **15** of the cylindrical body **10**, wherein the cylindrical body **10** has cross sections **16** along the central axis **15**; and at least one exterior groove **20** circumferentially disposed along the exterior surface **14** of the cylindrical body **10** between the proximal end **11** and the distal end **12**, the at least one exterior groove **20** disposed at a predetermined position **21** along the central axis **15** from the proximal end **11** to the distal end **12**, wherein the at least one exterior groove **20** is configured such that the cylindrical body **10** is breakable at each of the predetermined positions **21** to form a size-selected disposable length adjustable tubular retractor **101**.

(49) Referring now to FIG. 3, in another embodiment, a disposable length adjustable tubular retractor **100** includes a cylindrical body **10** having a proximal end **11**, distal end **12**, internal surface **13**, and exterior surface **14**, the internal surface **13** facing toward a central axis **15** of the cylindrical body **10**, the exterior surface **14** facing away from the central axis **15** of the cylindrical body **10**, wherein the cylindrical body **10** has cross sections **16** along the central axis **15**; at least one exterior groove **20** circumferentially disposed along the exterior surface **14** of the cylindrical body **10** between the proximal end **11** and the distal end **12**, the at least one exterior groove **20** disposed at a predetermined position **21** along the central axis **15** from the proximal end **11** to the distal end **12**, wherein the at least one exterior groove **20** is configured such that the cylindrical body **10** is breakable at each of the predetermined positions **21** to form a size-selected disposable length adjustable tubular retractor **101**; and at least one of through slot **40** circumferentially disposed along the cylindrical body **10** between the proximal end **11** and the distal end **12**, the at least one through slot **40** disposed at a predetermined position **21** along the central axis **15**, wherein the at least one through slot **40** is configured such that the cylindrical body **10** is disconnected along and at each of the at least one through slot **40** and breakable at each of the predetermined positions **21** to form a size-selected disposable length adjustable tubular retractor **101**.

(50) Referring now to FIGS. 5 and 14, in one embodiment, a disposable length adjustable tubular retractor **100** includes a cylindrical body **10** having a proximal end **11**, distal end **12**, internal surface **13**, and exterior surface **14**, the internal surface **13** facing toward a central axis **15** of the cylindrical body **10**, the exterior surface **14** facing away from the central axis **15** of the cylindrical body **10**, wherein the cylindrical body **10** has cross sections **16** along the central axis **15**; and at least one of through slot **40** circumferentially disposed along the cylindrical body **10** between the proximal end **11** and the distal end **12**, the at least one through slot **40** disposed at a predetermined position **21** along the central axis **15**, wherein the at least one through slot **40** is configured such

that the cylindrical body **10** is disconnected along and at each of the at least one through slot **40** and breakable at each of the predetermined positions **21** to form a size-selected disposable length adjustable tubular retractor **101**.

(51) Referring now to FIGS. **2-4**, in one embodiment, the disposable length adjustable tubular retractor **100** may further include each predetermined position **21** spaced at a distance **17**. Each predetermined position may be spaced equidistance **17**. Each predetermined position **21** may be spaced equidistance **17** of approximately 5-15 mm. In another embodiment, each predetermined position **21** may be spaced equidistance **17** of approximately 10 mm. In another embodiment, each predetermined position **21** may be spaced non-equidistance **17**. In another embodiment, a disposable length adjustable tubular retractor **100** may further include predetermined positions **21** spaced equidistance **17** and predetermined positions **21** spaced non-equidistance **17**.

(52) Referring now to FIGS. **10-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one exterior groove **20** comprising a V-shape **18**, the V-shape **18** having an angle **22** at its apex **23** along the exterior surface **14**. The angle **22** may be between about 15° and about 115°. In another embodiment, the angle **22** may be about 65°.

(53) Referring now to FIGS. **10-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one exterior groove **20** comprising a U-shape **19**. The U-shape **19** may have a curvature **24** along the exterior surface **14**. Referring now to FIGS. **10-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one exterior groove **20** comprising a U-shape **19**, the U-shape **19** having right angles **27** along the exterior surface **14**.

(54) Referring now to FIGS. **10-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one exterior groove **20**, the at least one exterior groove **20** further comprising a proximal edge **43** and distal edge **44**.

(55) Referring now to FIG. **12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one exterior groove **20**, wherein the at least one exterior groove **20** may taper from the proximal edge **43** to the corresponding predetermined position **21** at a first taper angle **45** and taper from the distal edge **44** to the corresponding predetermined position **21** at a second taper angle **46**. Each of the taper angles (**45**, **46**) may be between about 0° and about 90°. Taper angles (**45**, **46**) at a corresponding predetermined position may be identical. Taper angles (**45**, **46**) at a corresponding predetermined position may be different than one another.

(56) Referring now to FIGS. **10-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one exterior groove **20**, wherein the at least one exterior groove **20** may taper from the proximal edge **43** to the corresponding predetermined position **21** continuously at a first taper angle **45** and taper from the distal edge **44** to the corresponding predetermined position **21** continuously at a second taper angle **46** such that the exterior groove **20** includes a V-shape **18**, the V-shape **18** having an angle **22** at its apex **23** along the exterior surface **14**. Each of taper angles (**45**, **46**) may be between about 0° and about 90°. Taper angles (**45**, **46**) at a corresponding predetermined position may be identical. Taper angles (**45**, **46**) at a corresponding predetermined position may be different than one another.

(57) Referring now to FIGS. **10-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one exterior groove **20**, wherein a second taper angle **46** is about 90°, and a first taper angle **45** is about 30° such that an exterior surface **14** near a distal edge **44** is about normal to the central axis **15**. In another embodiment, a disposable length adjustable tubular retractor **100** may further include at least one exterior groove **20**, wherein a first taper angle **45** is about 90°, and a second taper angle **46** is about 30° such that an exterior surface **14** near a proximal edge **43** is about normal to the central axis **15**.

(58) Referring now to FIGS. **11A-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one interior groove **25** disposed circumferentially along the internal surface **13** of the cylindrical body **10** between the proximal end **11** and the distal end

12, the at least one interior groove **25** disposed at a predetermined position **21** along the central axis **15** from the proximal end **11** to the distal end **12**.

(59) Referring now to FIGS. **11A-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one interior groove **25** comprising a V-shape **18**, the V-shape **18** having an angle **22** at its apex **23** along the internal surface **13**. The angle may be between about 15° and about 115°. In one embodiment, the angle may be about 65°.

(60) Referring now to FIGS. **11A-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one interior groove **25** comprising a U-shape **19**. The U-shape **19** may have a curvature **24** along the internal surface **13**. Referring now to FIGS. **11A-12**, in another embodiment, a disposable length adjustable tubular retractor **100** may further include at least one interior groove **25** comprising a U-shape **19**, the U-shape **19** having right angles **27** along the internal surface **13**.

(61) Referring now to FIGS. **11A-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one interior groove **25**, the at least one interior groove **25** further comprising a proximal edge **43** and distal edge **44**.

(62) Referring now to FIGS. **11A-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one interior groove **25**, wherein the at least one interior groove **25** may taper from the proximal edge **43** to the corresponding predetermined position **21** at a first taper angle **45** and taper from the distal edge **44** to the corresponding predetermined position **21** at a second taper angle **46**. Each of the taper angles (**45**, **46**) may be between about 0° and about 90°. Taper angles (**45**, **46**) at a corresponding predetermined position may be identical. Taper angles (**45**, **46**) at a corresponding predetermined position may be different than one another.

(63) Referring now to FIGS. **11A-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one interior groove **25**, wherein the at least one interior groove **25** may taper from the proximal edge **43** to the corresponding predetermined position **21** continuously at a first taper angle **45** and taper from the distal edge **44** to the corresponding predetermined position **21** continuously at a second taper angle **46** such that the interior groove **25** includes a V-shape **18**, the V-shape **18** having an angle **22** at its apex **23** along the internal surface **13**. Each of the taper angles (**45**, **46**) may be between about 0° and about 90°. Taper angles (**45**, **46**) at a corresponding predetermined position may be identical. Taper angles (**45**, **46**) at a corresponding predetermined position may be different than one another.

(64) Referring now to FIGS. **11A-12**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one interior groove **25**, wherein a second taper angle **46** is about 90°, and a first taper angle **45** is about 30° such that an internal surface **13** near a distal edge **44** is about normal to the central axis **15**. In another embodiment, a disposable length adjustable tubular retractor **100** may further include at least one interior groove **25**, wherein a first taper angle **45** is about 90°, and a second taper angle **46** is about 30° such that an internal surface **13** near a proximal edge **43** is about normal to the central axis **15**.

(65) Referring now to FIGS. **3-5**, **10-12**, and **14**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one predetermined position **21** comprising an exterior groove **20** and a through slot **40**.

(66) Referring now to FIGS. **3-5** and **10-13**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one predetermined position **21** comprising an exterior groove **20**, an interior groove **25**, and a through slot **40**.

(67) Referring now to FIG. **13**, in one embodiment, a disposable length adjustable tubular retractor **100** may have a ratio of a cross section **16** at a circumference **66** at each predetermined position **21**, a ratio of a cross section **16** defined by a residual area **67**, an area of a cross section **16** at a predetermined position **21**, divided by a sum of the residual area **67** and a lost area **68** lost by at least one through slot **40** at a predetermined position **21**.

(68) A lost area **68** at a circumference **66** at a predetermined position **21** lost by at least one through

slot **40** may range from about 10% to about 90%. Accordingly, a ratio of a cross section **16** may be between about 0.1 to 0.9. In one embodiment, a ratio of a cross section **16** is about 0.3.

(69) Referring now to FIG. **14**, in one embodiment, a disposable length adjustable tubular retractor **100** may have a residual thickness ratio at each predetermined position **21** where an exterior groove **20** or an interior groove **25** or both are disposed. A residual thickness ratio is defined by a residual thickness **70** of a cylindrical body **10** divided by a predetermined thickness **71** of the cylindrical body **10**. A residual thickness **70** is measured by a predetermined thickness **71** minus the depth **72** of an exterior groove **20** or an interior groove **25**, or depths **72** of both **20**, **25** at a predetermined position **21**. A depth **72** is defined as the distance from the outer surface penetrating the body **10** of the retractor **100** to a corresponding exterior groove **20** or interior groove **25**.

(70) A residual thickness ratio may be between about 0.1 and 1.0, where 1.0 means there is no exterior groove **20** or interior groove **25**. In one embodiment, a predetermined thickness **71** is about 0.5 mm, and the depth **72** of an exterior groove **20** is about 0.3 mm; thus, the residual thickness **70** is 0.2 mm. Accordingly, the residual thickness ratio is about 0.4.

(71) Referring now to FIG. **14**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include through slot ends **48** where a through slot **40** terminates. The through slot ends **48** may be configured to have a V-shape **18** or U-shape **19**.

(72) Referring now to FIG. **15**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one through slot edge **49** where the cylindrical body **10** is disconnected along and at a through slot **40**. A through slot edge **49** may be tapered from the exterior surface **14** to the corresponding through slot **40**. In another embodiment, a through slot edge **49** may be tapered from the internal surface **13** to the corresponding through slot **40**. A through slot edge **49** may be tapered at a through slot edge angle **64**.

(73) Referring now to FIG. **3**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include a plurality of through slots **40** disposed at a predetermined position **21** identically along the central axis **15** such that each of the plurality of through slots **40** at a predetermined position **21** overlaps along the central axis **15** with a through slot **40** at a different predetermined position **21**.

(74) Referring now to FIGS. **3-5**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include a plurality of through slots **40** disposed at a predetermined position **21** differently along the central axis **15**.

(75) Referring now to FIGS. **3-5**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include a plurality of through slots **40** disposed at a predetermined position **21** differently such that each of the plurality of through slots **40** is disposed at a predetermined position **21** in a staggered arrangement along the central axis **15**.

(76) Referring now to FIGS. **3-5**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include a plurality of through slots **40** disposed at a predetermined position **21** differently such that each of the plurality of through slots **25** is disposed at a predetermined position in a spiral arrangement along the central axis **15**.

(77) Referring now to FIGS. **3-5**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one through slot **40** disposed along the cylindrical body **10** from the distal end **12** toward the proximal end **11** at each predetermined position **21** such that a following through slot **40** is arranged to rotate an angle **42** about the central axis **15**.

(78) In one embodiment, a disposable length adjustable tubular retractor **100** may further include an angle **42** of about 30°.

(79) Referring now to FIGS. **3-5**, in one embodiment, a disposable length adjustable tubular retractor **100** may further include six through slots **40**.

(80) In one embodiment, a disposable length adjustable tubular retractor **100** may further include at least one predetermined position **21** comprising a plurality of through slots **40**.

(81) Referring now to FIG. **6**, in one embodiment, a disposable length adjustable tubular retractor

100 is breakable at each predetermined position **21**. The disposable length adjustable tubular retractor **100** may be manually breakable at each predetermined position **21**. The disposable length adjustable tubular retractor **100** may be breakable at each predetermined position **21** by a breaker, a device configured to break a disposable length adjustable tubular retractor **100** at each predetermined position **21**.

(82) In one embodiment, a disposable length adjustable tubular retractor **100** may include a cylindrical body **10** comprised of titanium, stainless steel, polymer, or a combination thereof.

(83) Referring now to FIG. 7, in one embodiment, a disposable length adjustable tubular retractor **100** may further include a retractor arm **30** extending from the proximal end **11** of the cylindrical body **10**.

(84) Referring now to FIG. 8, in one embodiment, a disposable length adjustable tubular retractor **100** may further include a retractor handle **31**, the retractor handle **31** comprising a ring **32** configured to be attached to the disposable length adjustable tubular retractor **100**, the ring **32** formed directly onto the disposable length adjustable tubular retractor **100** such that the ring **32** is fixedly attached to the disposable length adjustable tubular retractor **100**, and an arm **34** extending from the ring **32**.

(85) In one embodiment, a disposable length adjustable tubular retractor **100** may further include a retractor handle **31** comprised of titanium, stainless steel, polymer, or a combination thereof.

(86) Referring now to FIG. 8, in one embodiment, a disposable length adjustable tubular retractor **100** may further include a retractor handle **31** disposed such that the proximal end **11** of the cylindrical body **10** protrudes from the retractor handle **31**.

(87) Referring now to FIG. 8, in one embodiment, a disposable length adjustable tubular retractor **100** may further include a frame **35** extending from a retractor handle **31**, the frame **35** having two generally planar arms **36**, the two generally planar arms **36** facing one another, the two generally planar arms **36** configured to be attached to a table arm, wherein the frame **35** is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame **35** and fix the disposable length adjustable tubular retractor **100** thereby when the cylindrical fastening device engages in a fastening mode.

(88) Referring now to FIG. 9, in one embodiment, a surgical system **103** may include a disposable length adjustable tubular retractor **100**; a retractor handle **31**; and a mounting bracket **50**, including: a plate **51**; first and second arms **59**, **60** adjacent to and extending from the of the plate **51**; and at least one device emplacement **62** disposed adjacent to the plate **51** to receive and hold in-place a surgical tool **63** at a fixed position and orientation.

(89) Referring now to FIG. 9, in another embodiment, a surgical system **103** may further include a frame **35** extending from the retractor handle **31**, the frame **35** having two generally planar arms **36**, the two generally planar arms **36** facing one another, the two generally planar arms **36** configured to be attached to a table arm, wherein the frame **35** is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame **35** and fix the disposable length adjustable tubular retractor **100** thereby when the cylindrical fastening device engages in a fastening mode.

(90) Also provided is a method for providing a size-selected length adjustable tubular retractor **101**. The method includes providing a length adjustable tubular retractor **100** according to any one of a variety of embodiments as described above and herein, selecting one of the predetermined positions along the cylindrical body at which to break the retractor, and engaging a tool to enable a break at the selected predetermined position at the groove, through slot or combination thereof located at the selected predetermined position.

(91) In some embodiments of the method, the tool is a pair of human hands, one hand disposed proximal to the selected predetermined position and the other hand disposed distal to the selected predetermined position, each hand gripping the retractor along the central axis, and the action of breaking is accomplished by rotation of the hands off of the central axis to break the cylindrical

body.

(92) Yet, in other embodiments, the tool can be an apparatus, a tube breaker **200**. Referring to FIGS. **16-19**, a tube breaker **200** is used to enable a break of a length adjustable tubular retractor **100** according to any one of a variety of embodiments as described above and herein at a selected predetermined position **220**.

(93) A tube breaker is designed and configured to be employed at the operator's convenience. The tube breaker is adapted to be inserted into a length adjustable tubular retractor at one end or at both ends of the tube breaker at the operator's convenience.

(94) Referring to FIG. **16**, in one embodiment, a surgical system **103** including a length adjustable tubular retractor **100** and a tube breaker **200** including a first end **212** and a second end **216** is provided to enable a break at a predetermined position **21** selected by the operator on the length adjustable tubular retractor **100**. It should be appreciated that other shapes may be employed. Marks **209** on the tube breaker **200** correspond to predetermined positions **21** on the length adjustable tubular retractor **100**. For instance, in some embodiments, if each predetermined position **21** is spaced equidistance, the marks **209** are spaced correspondingly. In other embodiments, if each predetermined position **21** is spaced non-equidistance **17**, the marks **209** are spaced correspondingly. Yet, in another embodiment, if a length adjustable tubular retractor **100** includes predetermined positions **21** spaced equidistance and predetermined positions **21** spaced non-equidistance, the marks **209** are spaced correspondingly.

(95) In some embodiments, as shown in FIG. **16**, marks **209** include pairs of marks **209**, and a pair of marks **209** includes a scored triangle and a corresponding number. The number in each pair of marks **209** increases as each pair of marks **209** is disposed away from the first end **212** and toward the second end **216** along the tube breaker **200**. Each mark **209** indicates a relative longitudinal location measured from the first end **212**. It should be appreciated that other shapes and numbers of marks may be employed.

(96) In some embodiments, as shown in FIG. **16**, number **1** mark **209** communicates to the operator such that if the tube breaker **200** is inserted at the first end **212** into the length adjustable tubular retractor **100** until the length adjustable tubular retractor **100** reaches a scored triangle **218** that includes number **1**, the tube breaker **200** is positioned to enable a break of one distance of the length adjustable tubular retractor **100** by employing and accomplishing an action of breaking. Number **7** mark **209** communicates to the operator such that if the tube breaker **200** is inserted at the second end **216** into the length adjustable tubular retractor **100** until the length adjustable tubular retractor **100** reaches a scored triangle **218** that includes number **7**, the tube breaker **200** is positioned to enable a break of two distances of the length adjustable tubular retractor **100** by employing and accomplishing an action of breaking. Number **6** mark **209** communicates to the operator such that if the tube breaker **200** is inserted at the second end **216** into the length adjustable tubular retractor **100** until the length adjustable tubular retractor **100** reaches a scored triangle **218** that includes number **6**, the tube breaker **200** is positioned to enable a break of three distances of the length adjustable tubular retractor **100** by employing and accomplishing an action of breaking. Number **5**, **4**, and **3** marks **209** communicate to the operator in the same way as number **7** and **6** marks **209** communicate to the operator as described above, and if the tube breaker **200** is inserted until corresponding marks **209**, the tube breaker **200** is positioned to enable a break of four distances (number **5**), or five distances (number **4**), or six distances (number **5**) of the length adjustable tubular retractor **100**, respectively, by employing and accomplishing an action of breaking. It should be appreciated that other methods, sequences, and arrangements of marking may be employed.

(97) Referring to FIG. **17**, in one embodiment, a tube breaker **200** is inserted into a length adjustable tubular retractor **100** to enable a break at a predetermined position **21** where a groove and a through slot are disposed. More specifically, if the operator desires to break the length adjustable tubular retractor **100** at a predetermined position **21**, i.e., a selected predetermined

position **220**, the second end (not shown) of the tube breaker **200** is inserted until the length adjustable tubular retractor **100** reaches at the corresponding marks **209**, a scored triangle and number **6**, which represent that the tube breaker **200** reached at the selected predetermined position **220** on the length adjustable tubular retractor **100** corresponding to a break of three distances of the length adjustable tubular retractor **100** if an action of breaking is employed and accomplished.

(98) An action of breaking is accomplished when the operator grips the length adjustable tubular retractor and the tube breaker inserted into the length adjustable tubular retractor and applies force or moment to induce bending moment greater than the bending moment a predetermined position on the length adjustable tubular retractor can withstand. It should be appreciated that the bending moment a predetermined position on a length adjustable tubular retractor can withstand varies depending on the relative location of each predetermined position and the shapes, sizes, and property of material of the length adjustable tubular retractor.

(99) Referring to FIGS. **18-19**, in another embodiment, the first end **212** (not shown) of the tube breaker **200** is inserted until the length adjustable tubular retractor **100** reaches at the top **202** of the protuberance portion **201** where the marks **209** on the top **202** of the protuberance portion **201**, the scored triangle and number **1**, represent that the tube breaker **200** reached at a selected predetermined position **220** on the length adjustable tubular retractor **100** corresponding to a break of one distance of the length adjustable tubular retractor **100** if an action of breaking is employed and accomplished. Then, an action of breaking is employed (FIG. **19**), and the break of one length of the length adjustable tubular retractor **200** at the selected predetermined position **220** is undergoing thereafter.

(100) Referring to FIGS. **20-26**, in one embodiment, a tube breaker **200** includes a protuberance portion **201**, an upper portion **211**, a lower portion body **215**, and a plurality of marks **209**. The protuberance portion **201** has a top **202**, side **203**, and bottom **204**, the side **203** is disposed between the top **202** and the bottom **204**, and the protuberance portion **201** extends from the top **202** toward the bottom **204** along a longitudinal axis **205**. The protuberance portion **201** has cross-sectional areas **206** along the longitudinal axis **205**. The upper portion **211** has a generally cylindrical shape and is adapted to be slidably inserted in a length adjustable tubular retractor (not shown). The upper portion **211** has a first end **212**, extends from the first end **212** along the longitudinal axis **205** toward the protuberance portion **201**, and connects to the top **202** of the protuberance portion **201**. The upper portion **211** has cross-sectional areas **213** along the longitudinal axis **205**. The cross-sectional area **207** at the top **202** of the protuberance portion **201** is greater than the cross-sectional area **214** of the upper portion **211** where the upper portion **211** connects to the top **202** of the protuberance portion **201**. The lower portion **215** has a generally cylindrical shape and is adapted to be slidably inserted in a length adjustable tubular retractor (not shown). The lower portion **215** has a second end **216**, and the lower portion **215** extends from the second end **216** along the longitudinal axis **205** toward the protuberance portion **201** and connects to the bottom **204** of the protuberance portion **201**. The lower portion **215** has cross-sectional areas **217** along the longitudinal axis **205**, and the cross-sectional area **208** at the bottom **204** of the protuberance portion **201** is greater than the cross-sectional area **218** of the lower portion **215** where the lower portion **215** connects to the bottom **204** of the protuberance portion **201**. The plurality of marks **209** is disposed on the upper portion **211**, protuberance portion **201**, and lower portion **215**, and each mark **209** indicates a relative longitudinal location measured from the first end **212**. In some embodiments, each mark **209** may be spaced equidistance of approximately 5-15 mm. In other embodiments, each mark **209** may be spaced equidistance of approximately 10 mm.

(101) Referring to FIGS. **20-24**, the tube breaker **200** has a plurality of recesses **219**. The plurality of recesses **219** is disposed on the tube breaker **200** along the longitudinal axis **205**. Having a plurality of recesses **219** enables a lightweight design as compared with a tube breaker **200** absent recesses and provides advantages to the operator such that the operator can grip the tube breaker **200** more firmly and securely since the plurality of recesses **219** and the arrangement of thereof

operates to hold out against sliding of the gripping hand when employing an action of breaking. (102) Referring to FIGS. **20-24**, the side **203** of the protuberance portion **201** is a generally curved concave surface. The generally curved concave surface provides advantages to the operator such that the operator can grip the protuberance more conveniently and firmly as compared with the side **203** absent it when employing an action of breaking. It should be appreciated that other shapes may be employed.

(103) Referring to FIGS. **20-24**, the upper portion **211** is chamfered at the first end **212** such that the cross-sectional areas **213** are decreasing along the longitudinal axis **205** toward the first end **212**. The lower portion **215** is also chamfered at the second end **216** such that the cross-sectional areas **217** are decreasing along the longitudinal axis **205** toward the first end **216**. It should be appreciated that other shapes may be employed.

(104) In some embodiments, the inside of the tube breaker **200** may be hollow or solid, or a combination thereof.

(105) In some embodiments, a tube breaker may be made of a monolithic piece of material. In other embodiments, a tube breaker may be constructed from one or more segments that are assembled together.

(106) In some embodiments, a tube breaker may be comprised of titanium, stainless steel, polymer, or a combination thereof.

(107) This disclosure describes exemplary embodiments in accordance with the general inventive concepts and is not intended to limit the scope of the invention in any way. Indeed, the invention as described in the specification is broader than and unlimited by the exemplary embodiments set forth herein, and the terms used herein have their full ordinary meaning.

(108) As used herein, the singular forms “a,” “an,” and “the” are intended to include the plural forms as well, unless the context clearly indicates otherwise. The term “proximal” as used in connection with any object refers to the portion of the object that is closest to the operator of the object (or some other stated reference point), and the term “distal” refers to the portion of the object that is farthest from the operator of the object (or some other stated reference point). The term “operator” means and refers to any professional or paraprofessional who delivers clinical care to a medical patient, particularly in connection with the delivery of care.

(109) Anatomical references as used herein are intended to have the standard meaning for such terms as understood in the medical community. For example, the application may include reference to the following terms: “cephalad,” “cranial” and “superior” indicate a direction toward the head, and the terms “caudad” and “inferior” indicate a direction toward the feet. Likewise, the terms “dorsal” and “posterior” indicate a direction toward the back, and the terms “ventral” and “anterior” indicate a direction toward the front. And the term “lateral” indicates a direction toward a side of the patient. The term “medial” indicates a direction toward the midline of the patient, and away from the side, the term “ipsilateral” indicates a direction toward a side that is proximal to the operator, or the object being referenced, and the term “contralateral” indicates a direction toward a side that is distal to the operator, or the object being referenced. And, more specifically with respect to the directional movement of an implant according to the methods of the disclosure, sideways refers to the general direction of movement within the disc space between the endplates from the position of the inserted instruments toward one or the other of the contralateral and ipsilateral portions of the disc space. In the case of a TLIF procedure, such sideways motion will generally be in a medial direction relative to the disc space. Though in other types of surgical access, particularly within the spine, sideways movement may be either medial or lateral relative to the disc space, and in other surgical contexts sideways is away from the initial position of the implant. Further, with respect to the movement of an implant by action of the surgical instruments, the movement may also be rotational, wherein the action of the instruments directs the implant sideways and also in a rotational or pivotal motion. More generally, any and all terms providing spatial references to anatomical features shall have meaning that is customary in the art.

(110) Unless otherwise indicated, all numbers expressing quantities, properties, and so forth as used in the specification, drawings and claims are to be understood as being modified in all instances by the term “about.” Accordingly, unless otherwise indicated, the numerical properties set forth in the specification and claims are approximations that may vary depending on the suitable properties desired in embodiments of the present invention. Notwithstanding that the numerical ranges and parameters setting forth the broad scope of the general inventive concepts are approximations, the numerical values set forth in the specific examples are reported as precisely as possible. Any numerical values, however, inherently contain certain errors necessarily resulting from error found in their respective measurements.

(111) References to visualization using radiography as may be described in the exemplary techniques herein are merely representative of the options for the operator to visualize the surgical field and the patient in one of many available modalities. It will be understood by one of ordinary skill in the art that alternate devices and alternate modalities of visualization may be employed depending on the availability in the operating room, the preferences of the operator and other factors relating to exposure limits. While confirmation of instrument placement in the course of the technique is appropriate, the frequency and timing relative to the sequence of steps in the technique may be varied and the description herein is not intended to be limiting. Accordingly, more, or fewer images, from more or fewer perspectives, may be collected.

(112) One of ordinary skill will appreciate that references to positions in the body are merely representative for a particular surgical approach. Further, all references herein are made in the context of the representative images shown in the drawings. Fewer or additional instruments, including generic instruments, may be used according to the preference of the operator. Moreover, references herein to specific instruments are not intended to be limiting in terms of the options for use of other instruments where generic options are available, or according to the preference of the operator.

(113) While the disclosed embodiments have been described and depicted in the drawings in the context of the human spine, it should be understood by one of ordinary skill that all or various aspects of the embodiments hereof may be used in connection with other species and within any species on other parts of the body where deep access within the tissue is desirable.

(114) While various inventive aspects, concepts and features of the general inventive concepts are described and illustrated herein in the context of various exemplary embodiments, these various aspects, concepts, and features may be used in many alternative embodiments, either individually or in various combinations and sub-combinations thereof. Unless expressly excluded herein all such combinations and sub-combinations are intended to be within the scope of the general inventive concepts. Still further, while various alternative embodiments as to the various aspects, concepts and features of the inventions (such as alternative materials, structures, configurations, methods, devices and components, alternatives as to form, fit and function, and so on) may be described herein, such descriptions are not intended to be a complete or exhaustive list of available alternative embodiments, whether presently known or later developed.

(115) Those skilled in the art may readily adopt one or more of the inventive aspects, concepts and features into additional embodiments and uses within the scope of the general inventive concepts, even if such embodiments are not expressly disclosed herein. Additionally, even though some features, concepts and aspects of the inventions may be described herein as being a preferred arrangement or method, such description is not intended to suggest that such feature is required or necessary unless expressly so stated. Still further, exemplary, or representative values and ranges may be included to assist in understanding the present disclosure; however, such values and ranges are not to be construed in a limiting sense and are intended to be critical values or ranges only if so expressly stated.

Embodiments of the Invention Also Include

(116) In some embodiments, provided is a length adjustable tubular retractor comprising a

cylindrical body and at least one groove.

(117) According to such embodiments, the cylindrical body has a proximal end, distal end, internal surface, and exterior surface, the internal surface faces toward a central axis of the cylindrical body, and the exterior surface faces away from the central axis of the cylindrical body.

(118) According to such embodiments, the at least one groove is circumferentially disposed along the exterior surface of the cylindrical body between the proximal end and the distal end and is disposed at a predetermined position along the central axis from the proximal end to the distal end. The at least one groove is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(119) In some embodiments, each predetermined position is spaced equidistance of approximately 5-15 mm.

(120) In some embodiments, each predetermined position is spaced equidistance of approximately 10 mm.

(121) In some embodiments, the at least one groove includes a V-shape, the V-shape having an angle at its apex along the exterior surface.

(122) In some embodiments, the angle is between about 15° and about 115°.

(123) In some embodiments, the angle is about 65°.

(124) In some embodiments, the at least one groove includes a U-shape, the U-shape having a curvature along the exterior surface.

(125) In some embodiments, the length adjustable tubular retractor further includes at least one interior groove disposed circumferentially along the internal surface of the cylindrical body between the proximal end and the distal end, and the at least one interior groove is disposed at a predetermined position along the central axis from the proximal end to the distal end.

(126) In some embodiments, the cylindrical body is breakable at each predetermined position.

(127) In some embodiments, the cylindrical body is comprised of titanium, stainless steel, polymer, or a combination thereof.

(128) In some embodiments, the length adjustable tubular retractor further includes a retractor arm extending from the proximal end of the cylindrical body.

(129) In some embodiments, the length adjustable tubular retractor further includes a retractor handle, the retractor handle comprising a ring configured to be attached to the length adjustable tubular retractor, the ring formed directly onto the length adjustable tubular retractor such that the ring is fixedly attached to the length adjustable tubular retractor, and an arm extending from the ring.

(130) In some embodiments, the retractor handle is comprised of titanium, stainless steel, polymer, or a combination thereof.

(131) In some embodiments, the retractor handle is disposed such that the proximal end of the cylindrical body protrudes from the retractor handle.

(132) In some embodiments, the length adjustable tubular retractor further includes the retractor handle and a frame extending from the retractor handle, the frame having two generally planar arms, the two generally planar arms facing one another, the two generally planar arms configured to be attached to a table arm. The frame is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame and fixes the length adjustable tubular retractor thereby when the cylindrical fastening device engages in a fastening mode.

(133) In some embodiments, provided is a length adjustable tubular retractor comprising a cylindrical body, at least one groove, and at least one through slot.

(134) According to such embodiments, the cylindrical body has a proximal end, distal end, internal surface, and exterior surface, the internal surface faces toward a central axis of the cylindrical body, and the exterior surface faces away from the central axis of the cylindrical body.

(135) According to such embodiments, the at least one groove is circumferentially disposed along the exterior surface of the cylindrical body between the proximal end and the distal end and is

disposed at a predetermined position along the central axis from the proximal end to the distal end. The at least one groove is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(136) According to such embodiments, the at least one through slot is circumferentially disposed along the cylindrical body between the proximal end and the distal end, and the at least one through slot is disposed at a predetermined position along the central axis. The at least one through slot is configured such that the cylindrical body is disconnected along and at the at least one through slot and breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(137) In some embodiments, each predetermined position is spaced equidistance of approximately 5-15 mm.

(138) In some embodiments, each predetermined position is spaced equidistance of approximately 10 mm.

(139) In some embodiments, each predetermined position includes a groove and a through slot.

(140) In some embodiments, the at least one groove includes a V-shape, the V-shape having an angle at its apex along the exterior surface.

(141) In some embodiments, the angle is between about 15° and about 115°.

(142) In some embodiments, the angle is about 65°.

(143) In some embodiments, the at least one groove includes a U-shape, the U-shape having a curvature along the exterior surface.

(144) In some embodiments, the length adjustable tubular retractor further includes at least one interior groove disposed circumferentially along the internal surface of the cylindrical body between the proximal end and the distal end, and the at least one interior groove is disposed at a predetermined position along the central axis from the proximal end to the distal end.

(145) In some embodiments, each predetermined position includes a groove, a through slot, and an interior groove.

(146) In some embodiments, the at least one through slot is a plurality of through slots, the plurality of through slots disposed at a predetermined position differently than the other through slots such that the plurality of through slots disposed at a predetermined position in a staggered arrangement along the central axis.

(147) In some embodiments, the at least one through slot is a plurality of through slots, the plurality of through slots disposed at a predetermined position differently than the other through slots such that the plurality of through slots disposed at a predetermined position in a spiral arrangement along the central axis.

(148) In some embodiments, the plurality of through slots is disposed along the cylindrical body from the distal end toward the proximal end at each predetermined position such that the plurality of through slots disposed at a predetermined position in a spiral arrangement along the central axis, and a following through slot is arranged to rotate an angle about the central axis.

(149) In some embodiments, the angle is 30°

(150) In some embodiments, the number of the plurality of through slots is six.

(151) In some embodiments, the cylindrical body is breakable at each of the predetermined positions.

(152) In some embodiments, the cylindrical body is comprised of titanium, stainless steel, polymer, or a combination thereof.

(153) In some embodiments, each predetermined position includes a plurality of through slots.

(154) In some embodiments, the length adjustable tubular retractor further includes a retractor arm extending from the proximal end of the cylindrical body.

(155) In some embodiments, the length adjustable tubular retractor further includes a retractor handle, the retractor handle comprising a ring configured to be attached to the length adjustable tubular retractor, the ring formed directly onto the length adjustable tubular retractor such that the

ring is fixedly attached to the length adjustable tubular retractor, and an arm extending from the ring.

(156) In some embodiments, the retractor handle is comprised of titanium, stainless steel, polymer, or a combination thereof.

(157) In some embodiments, the retractor handle is disposed such that the proximal end of the cylindrical body protrudes from the retractor handle.

(158) In some embodiments, the length adjustable tubular retractor further includes the retractor handle and a frame extending from the retractor handle, the frame having two generally planar arms, the two generally planar arms facing one another, the two generally planar arms configured to be attached to a table arm. The frame is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame and fixes the length adjustable tubular retractor thereby when the cylindrical fastening device engages in a fastening mode.

(159) In some embodiments, provided is a length adjustable tubular retractor including a cylindrical body having a hollow interior, a central axis, proximal and distal ends, and internal and exterior surfaces, where one or both of the internal surface and the exterior surfaces of the cylindrical body includes at least one or a plurality of grooves or through slots or a combination thereof circumferentially disposed along the cylindrical body, each one of the at least one or a plurality of grooves or through slots or a combination thereof located at a predetermined position along the cylindrical body, each one of the at least one or plurality of the grooves, through slots or combination thereof positioned along the cylindrical body between the proximal end and the distal end.

(160) According to such embodiments, each of the at least one or a plurality of grooves, through slots or a combination thereof is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular. The retractor is one of disposable or reusable.

(161) In some embodiments, provided is a length adjustable tubular retractor including a cylindrical body, at least one groove, at least one through slot, and at least one interior groove.

(162) According to such embodiments, the cylindrical body has a proximal end, distal end, internal surface, and exterior surface, the internal surface faces toward a central axis of the cylindrical body, and the exterior surface faces away from the central axis of the cylindrical body.

(163) According to such embodiments, the at least one groove circumferentially is disposed along the exterior surface of the cylindrical body between the proximal end and the distal end, and the at least one groove is disposed at a predetermined position along the central axis from the proximal end to the distal end. The at least one groove is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(164) According to such embodiments, the at least one through slot circumferentially is disposed along the cylindrical body between the proximal end and the distal end, and the at least one through slot is disposed at a predetermined position along the central axis. The at least one through slot is configured such that the cylindrical body is disconnected along and at the at least one through slot and breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(165) According to such embodiments, the at least one interior groove is disposed circumferentially along the internal surface of the cylindrical body between the proximal end and the distal end, and the at least one interior groove is disposed at a predetermined position along the central axis from the proximal end to the distal end.

(166) According to such embodiments, each predetermined position includes a groove, an interior groove, and a through slot, and the cylindrical body is breakable at each of the predetermined positions.

(167) In some embodiments, provided is a surgical system comprising a length adjustable tubular

retractor including a cylindrical body and at least one groove and a retractor handle.

(168) According to such embodiments, the cylindrical body has a proximal end, distal end, internal surface, and exterior surface, the internal surface faces toward a central axis of the cylindrical body, and the exterior surface faces away from the central axis of the cylindrical body. The at least one groove is circumferentially disposed along the exterior surface of the cylindrical body between the proximal end and the distal end and is disposed at a predetermined position along the central axis from the proximal end to the distal end. The at least one groove is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(169) According to such embodiments, the retractor handle includes a ring, an arm, and a mounting bracket. The ring is configured to be attached to the length adjustable tubular retractor, and the ring is formed directly onto the length adjustable tubular retractor such that the ring is fixedly attached to the tubular retractor. The arm extends from the ring. The mounting bracket includes a plate, first and second arms, and at least one device emplacement. The at least one device emplacement is disposed adjacent to the plate to receive and hold in-place a surgical tool at a fixed position and orientation.

(170) In some embodiments, the surgical system further includes a frame extending from the retractor handle, the frame having two generally planar arms, the two generally planar arms facing one another, the two generally planar arms configured to be attached to a table arm. The frame is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame and fixes the length adjustable tubular retractor thereby when the cylindrical fastening device engages in a fastening mode.

(171) In some embodiments, the surgical system further includes a tube breaker for adjusting the length of a length adjustable tubular retractor including a protuberance portion, an upper portion, a lower portion, and a plurality of marks.

(172) According to such embodiments, the protuberance portion has a top, side, and bottom, the side of the protuberance portion is disposed between the top and bottom of the protuberance portion, the protuberance portion extends from the top toward the bottom along a longitudinal axis, and the protuberance portion has cross-sectional areas along the longitudinal axis.

(173) According to such embodiments, the upper portion has a generally cylindrical shape, the upper portion is adapted to be slidably inserted in a length adjustable tubular retractor, the upper portion has a first end, the upper portion extends from the first end along the longitudinal axis toward the protuberance portion and connects to the top of the protuberance portion, and the upper portion has cross-sectional areas along the longitudinal axis. The cross-sectional area at the top of the protuberance portion is greater than the cross-sectional area of the upper portion where the upper portion connects to the top of the protuberance.

(174) According to such embodiments, the lower portion has a generally cylindrical shape, the lower portion is adapted to be slidably inserted in a length adjustable tubular retractor, the lower portion has a second end, the lower portion extends from the second end along the longitudinal axis toward the protuberance portion and connects to the bottom of the protuberance portion, and the lower portion has cross-sectional areas along the longitudinal axis. The cross-sectional area at the bottom of the protuberance portion is greater than the cross-sectional area of the lower portion where the lower portion connects to the bottom of the protuberance portion.

(175) According to such embodiments, the plurality of marks is disposed on the upper portion, protuberance portion, and lower portion, and each mark indicates a relative longitudinal location measured from the first end.

(176) According to such embodiments, the upper portion and lower portion are configured to enable a break, when inserted in a length adjustable tubular retractor, at a selected predetermined position on the length adjustable tubular retractor by an action of breaking. The action of breaking is accomplished by hands of the operator gripping the length adjustable tubular retractor and tube

breaker and applying force or moment to induce bending moment greater than the bending moment the selected predetermined position on the length adjustable tubular retractor can withstand.

(177) In some embodiments, provided is a surgical system comprising a length adjustable tubular retractor including a cylindrical body, at least one groove, and at least one through slot and a retractor handle.

(178) According to such embodiments, the cylindrical body has a proximal end, distal end, internal surface, and exterior surface, the internal surface faces toward a central axis of the cylindrical body, and the exterior surface faces away from the central axis of the cylindrical body. The at least one groove is circumferentially disposed along the exterior surface of the cylindrical body between the proximal end and the distal end and is disposed at a predetermined position along the central axis from the proximal end to the distal end. The at least one groove is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor. The at least one through slot is circumferentially disposed along the cylindrical body between the proximal end and the distal end, and the at least one through slot is disposed at a predetermined position along the central axis. The at least one through slot is configured such that the cylindrical body is disconnected along and at the at least one through slot and breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(179) According to such embodiments, the retractor handle includes a ring, an arm, and a mounting bracket. The ring is configured to be attached to the length adjustable tubular retractor, and the ring is formed directly onto the length adjustable tubular retractor such that the ring is fixedly attached to the tubular retractor. The arm extends from the ring. The mounting bracket includes a plate, first and second arms, and at least one device emplacement. The at least one device emplacement is disposed adjacent to the plate to receive and hold in-place a surgical tool at a fixed position and orientation.

(180) In some embodiments, the surgical system further includes a frame extending from the retractor handle, the frame having two generally planar arms, the two generally planar arms facing one another, the two generally planar arms configured to be attached to a table arm. The frame is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame and fixes the length adjustable tubular retractor thereby when the cylindrical fastening device engages in a fastening mode.

(181) In some embodiments, the surgical system further includes a tube breaker for adjusting the length of a length adjustable tubular retractor including a protuberance portion, an upper portion, a lower portion, and a plurality of marks.

(182) According to such embodiments, the protuberance portion has a top, side, and bottom, the side of the protuberance portion is disposed between the top and bottom of the protuberance portion, the protuberance portion extends from the top toward the bottom along a longitudinal axis, and the protuberance portion has cross-sectional areas along the longitudinal axis.

(183) According to such embodiments, the upper portion has a generally cylindrical shape, the upper portion is adapted to be slidably inserted in a length adjustable tubular retractor, the upper portion has a first end, the upper portion extends from the first end along the longitudinal axis toward the protuberance portion and connects to the top of the protuberance portion, and the upper portion has cross-sectional areas along the longitudinal axis. The cross-sectional area at the top of the protuberance portion is greater than the cross-sectional area of the upper portion where the upper portion connects to the top of the protuberance.

(184) According to such embodiments, the lower portion has a generally cylindrical shape, the lower portion is adapted to be slidably inserted in a length adjustable tubular retractor, the lower portion has a second end, the lower portion extends from the second end along the longitudinal axis toward the protuberance portion and connects to the bottom of the protuberance portion, and the lower portion has cross-sectional areas along the longitudinal axis. The cross-sectional area at the

bottom of the protuberance portion is greater than the cross-sectional area of the lower portion where the lower portion connects to the bottom of the protuberance portion.

(185) According to such embodiments, the plurality of marks is disposed on the upper portion, protuberance portion, and lower portion, and each mark indicates a relative longitudinal location measured from the first end.

(186) According to such embodiments, the upper portion and lower portion are configured to enable a break, when inserted in a length adjustable tubular retractor, at a selected predetermined position on the length adjustable tubular retractor by an action of breaking. The action of breaking is accomplished by hands of the operator gripping the length adjustable tubular retractor and tube breaker and applying force or moment to induce bending moment greater than the bending moment the selected predetermined position on the length adjustable tubular retractor can withstand.

(187) Yet, in other embodiments, the tool can be an apparatus, a tube breaker. A tube breaker is used to enable a break of a length adjustable tubular retractor according to any one of a variety of embodiments as described above and herein at a selected predetermined position.

(188) In some embodiments, provided is a tube breaker for adjusting the length of a length adjustable tubular retractor comprising a protuberance portion, an upper portion, a lower portion, and a plurality of marks.

(189) According to such embodiments, the protuberance portion has a top, side, and bottom, the side of the protuberance portion is disposed between the top and bottom of the protuberance portion, the protuberance portion extends from the top toward the bottom along a longitudinal axis, and the protuberance portion has cross-sectional areas along the longitudinal axis.

(190) According to such embodiments, the upper portion has a generally cylindrical shape, the upper portion is adapted to be slidably inserted in a length adjustable tubular retractor, the upper portion has a first end, the upper portion extends from the first end along the longitudinal axis toward the protuberance portion and connects to the top of the protuberance portion, and the upper portion has cross-sectional areas along the longitudinal axis. The cross-sectional area at the top of the protuberance portion is greater than the cross-sectional area of the upper portion where the upper portion connects to the top of the protuberance.

(191) According to such embodiments, the lower portion has a generally cylindrical shape, the lower portion is adapted to be slidably inserted in a length adjustable tubular retractor, the lower portion has a second end, the lower portion extends from the second end along the longitudinal axis toward the protuberance portion and connects to the bottom of the protuberance portion, and the lower portion has cross-sectional areas along the longitudinal axis. The cross-sectional area at the bottom of the protuberance portion is greater than the cross-sectional area of the lower portion where the lower portion connects to the bottom of the protuberance portion.

(192) According to such embodiments, the plurality of marks is disposed on the upper portion, protuberance portion, and lower portion, and each mark indicates a relative longitudinal location measured from the first end.

(193) According to such embodiments, the upper portion and lower portion are configured to enable a break, when inserted in a length adjustable tubular retractor, at a selected predetermined position on the length adjustable tubular retractor by an action of breaking. The action of breaking is accomplished by hands of the operator gripping the length adjustable tubular retractor and tube breaker and applying force or moment to induce bending moment greater than the bending moment the selected predetermined position on the length adjustable tubular retractor can withstand.

(194) In some embodiments, the upper portion is chamfered at the first end such that the cross-sectional areas are decreasing along the longitudinal axis toward the first end.

(195) In some embodiments, the lower portion is chamfered at the second end such that the cross-sectional areas are decreasing along the longitudinal axis toward the second end.

(196) In some embodiments, each mark is spaced equidistance of approximately 5-15 mm.

(197) In some embodiments, each mark is spaced equidistance of approximately 10 mm.

- (198) In some embodiments, the tube breaker further includes a plurality of recesses.
- (199) In some embodiments, the plurality of recesses is disposed along the longitudinal axis on the tube breaker, each recess having at least one complementary recess disposed on the same plane perpendicular to the longitudinal axis.
- (200) In some embodiments, the side of the protuberance portion includes a generally concave curved surface.
- (201) In some embodiments, the tube breaker is made of a monolithic piece of material.
- (202) In some embodiments, the tube breaker is constructed from one or more segments that are assembled together.
- (203) In some embodiments, the tube breaker is comprised of titanium, stainless steel, polymer, or a combination thereof.
- (204) Also provided is a method for providing a size-selected length adjustable tubular retractor. The method includes providing a length adjustable tubular retractor according to any one of a variety of embodiments as described above and herein, selecting one of the predetermined positions along the cylindrical body at which to break the retractor, and engaging a tool to enable a break at the selected predetermined position at the groove, through slot or combination thereof located at the selected predetermined position.
- (205) In some embodiments of the method, the tool is a pair of human hands, one hand disposed proximal to the selected predetermined position and the other hand disposed distal to the selected predetermined position, each hand gripping the retractor along the central axis, and the action of breaking is accomplished by rotation of the hands off of the central axis to break the cylindrical body.
- (206) In some embodiments of the method, the tool is a pair of opposable insertion rods, clamps, or a combination thereof, one of which is engaged with the cylindrical body disposed proximal to the selected predetermined position and the other of which is engaged with the cylindrical body distal to the selected predetermined position, each of the pair of opposable insertion rods, clamps, or a combination thereof engaging the retractor along the central axis, and the action of breaking is accomplished by rotation of the pair of opposable insertion rods, clamps, or a combination thereof off of the central axis to break the cylindrical body.
- (207) In other embodiments of the method, other tools may be employed to enable breaking or cutting the cylindrical body to provide a size-selected length adjustable tubular retractor.
- (208) In an embodiment, the invention provides a length adjustable tubular retractor, including a cylindrical body and at least one groove. The cylindrical body has a proximal end, distal end, internal surface, and exterior surface, the internal surface facing toward a central axis of the cylindrical body, the exterior surface facing away from the central axis of the cylindrical body. The at least one groove is circumferentially disposed along the exterior surface of the cylindrical body between the proximal end and the distal end and is disposed at a predetermined position along the central axis from the proximal end to the distal end. The at least one groove is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.
- (209) In some embodiments, each predetermined position is spaced equidistance of approximately 5-15 mm.
- (210) In some embodiments, each predetermined position is spaced equidistance of approximately 10 mm.
- (211) In some embodiments, the at least one groove includes a V-shape, the V-shape having an angle at its apex along the exterior surface. In some embodiments, the angle is between about 15° and about 115°. Yet, in some embodiments, the angle is about 65°.
- (212) In some embodiments, the at least one groove includes a U-shape, the U-shape having a curvature along the exterior surface.
- (213) In some embodiments, the length adjustable tubular retractor further includes at least one

interior groove disposed circumferentially along the internal surface of the cylindrical body between the proximal end and the distal end, the at least one interior groove disposed at a predetermined position along the central axis from the proximal end to the distal end.

(214) In some embodiments, the cylindrical body is breakable at each predetermined position.

(215) In some embodiments, the cylindrical body is comprised of titanium, stainless steel, polymer, or a combination thereof.

(216) In some embodiments, the length adjustable tubular retractor further includes a retractor arm extending from the proximal end of the cylindrical body.

(217) In some embodiments, the length adjustable tubular retractor further includes a retractor handle, the retractor handle comprising a ring configured to be attached to the length adjustable tubular retractor, the ring formed directly onto the length adjustable tubular retractor such that the ring is fixedly attached to the length adjustable tubular retractor, and an arm extending from the ring. In some embodiments, the retractor handle is comprised of titanium, stainless steel, polymer, or a combination thereof. In some embodiments, the retractor handle is disposed such that the proximal end of the cylindrical body protrudes from the retractor handle. In some embodiments, the length adjustable tubular retractor further includes a frame extending from the retractor handle, the frame having two generally planar arms, the two generally planar arms facing one another, the two generally planar arms configured to be attached to a table arm. The frame is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame and fixes the length adjustable tubular retractor thereby when the cylindrical fastening device engages in a fastening mode.

(218) In an embodiment, the invention provides a length adjustable tubular retractor, including a cylindrical body, at least one groove, and at least one through slot. The cylindrical body has a proximal end, distal end, internal surface, and exterior surface, the internal surface facing toward a central axis of the cylindrical body, the exterior surface facing away from the central axis of the cylindrical body. The at least one groove is circumferentially disposed along the exterior surface of the cylindrical body between the proximal end and the distal end and is disposed at a predetermined position along the central axis from the proximal end to the distal end. The at least one groove is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor. The at least one through slot is circumferentially disposed along the cylindrical body between the proximal end and the distal end and is disposed at a predetermined position along the central axis. The at least one through slot is configured such that the cylindrical body is disconnected along and at the at least one through slot and breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(219) In some embodiments, each predetermined position is spaced equidistance of approximately 5-15 mm.

(220) In some embodiments, each predetermined position is spaced equidistance of approximately 10 mm.

(221) In some embodiments, each predetermined position includes a groove and a through slot. In some embodiments, the through slot includes a plurality of through slots. In some embodiments, the plurality of through slots is disposed at a predetermined position differently than the other through slots such that the plurality of through slots disposed at a predetermined position in a staggered arrangement along the central axis. In some embodiments, the plurality of through slots is disposed at a predetermined position differently than the other through slots such that the plurality of through slots is disposed at a predetermined position in a spiral arrangement along the central axis. In some embodiments, the plurality of through slots is disposed along the cylindrical body from the distal end toward the proximal end at each predetermined position such that a following through slot is arranged to rotate an angle about the central axis. In some embodiments, the angle is 30°. In some embodiments, the number of the plurality of through slots is six.

(222) In some embodiments, the at least one groove includes a V-shape, the V-shape having an angle at its apex along the exterior surface. In some embodiments, the angle is between about 15° and about 115°. In some embodiments, the angle is about 65°.

(223) In some embodiments, the at least one groove includes a U-shape, the U-shape having a curvature along the exterior surface.

(224) In some embodiments, the length adjustable tubular retractor further includes at least one interior groove disposed circumferentially along the internal surface of the cylindrical body between the proximal end and the distal end, the at least one interior groove disposed at a predetermined position along the central axis from the proximal end to the distal end.

(225) In some embodiments, the cylindrical body is breakable at each of the predetermined positions.

(226) In some embodiments, the cylindrical body is comprised of titanium, stainless steel, polymer, or a combination thereof.

(227) In some embodiments, each predetermined position includes a plurality of through slots.

(228) In some embodiments, the length adjustable tubular retractor further includes a retractor arm extending from the proximal end of the cylindrical body.

(229) In some embodiments, the length adjustable tubular retractor further includes a retractor handle. The retractor handle includes a ring configured to be attached to the length adjustable tubular retractor, the ring formed directly onto the length adjustable tubular retractor such that the ring is fixedly attached to the length adjustable tubular retractor, and an arm extending from the ring. In some embodiments, the retractor handle is comprised of titanium, stainless steel, polymer, or a combination thereof. In some embodiments, the retractor handle is disposed such that the proximal end of the cylindrical body protrudes from the retractor handle.

(230) In some embodiments, the length adjustable tubular retractor includes the retractor handle and a frame. The frame extends from the retractor handle and has two generally planar arms, the two generally planar arms facing one another, the two generally planar arms configured to be attached to a table arm. The frame is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame and fixes the length adjustable tubular retractor thereby when the cylindrical fastening device engages in a fastening mode.

(231) In an embodiment, the invention provides a surgical system that includes a length adjustable tubular retractor and a retractor handle. The retractor handle includes: a ring configured to be attached to the length adjustable tubular retractor, the ring formed directly onto the length adjustable tubular retractor such that the ring is fixedly attached to the tubular retractor; an arm extending from the ring; and a mounting bracket, including: a plate; first and second arms adjacent to and extending from the plate; and at least one device emplacement disposed adjacent to the plate to receive and hold in-place a surgical tool at a fixed position and orientation. The length adjustable tubular retractor includes a cylindrical body and at least one groove. The cylindrical body has a proximal end, distal end, internal surface, and exterior surface, the internal surface facing toward a central axis of the cylindrical body, the exterior surface facing away from the central axis of the cylindrical body. The at least one groove is circumferentially disposed along the exterior surface of the cylindrical body between the proximal end and the distal end and is disposed at a predetermined position along the central axis from the proximal end to the distal end. The at least one groove is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(232) In some embodiments, the surgical system further includes a frame extending from the retractor handle, the frame having two generally planar arms, the two generally planar arms facing one another, the two generally planar arms configured to be attached to a table arm. The frame is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame and fixes the length adjustable tubular retractor thereby when the cylindrical fastening device engages in a fastening mode.

(233) In an embodiment, the invention provides a surgical system includes a length adjustable tubular retractor and a retractor handle. The retractor handle includes: a ring configured to be attached to the length adjustable tubular retractor, the ring formed directly onto the length adjustable tubular retractor such that the ring is fixedly attached to the tubular retractor; an arm extending from the ring; and a mounting bracket, including: a plate; first and second arms adjacent to and extending from the plate; and at least one device emplacement disposed adjacent to the plate to receive and hold in-place a surgical tool at a fixed position and orientation. The length adjustable tubular retractor includes a cylindrical body, at least one groove, and at least one through slot. The cylindrical body has a proximal end, distal end, internal surface, and exterior surface, the internal surface facing toward a central axis of the cylindrical body, the exterior surface facing away from the central axis of the cylindrical body. The at least one groove is circumferentially disposed along the exterior surface of the cylindrical body between the proximal end and the distal end and is disposed at a predetermined position along the central axis from the proximal end to the distal end. The at least one groove is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor. The at least one through slot is circumferentially disposed along the cylindrical body between the proximal end and the distal end and is disposed at a predetermined position along the central axis. The at least one through slot is configured such that the cylindrical body is disconnected along and at the at least one through slot and breakable at each of the predetermined positions to form a size-selected length adjustable tubular retractor.

(234) In some embodiments, the surgical system further includes a frame extending from the retractor handle, the frame having two generally planar arms, the two generally planar arms facing one another, the two generally planar arms configured to be attached to a table arm. The frame is configured to receive a cylindrical fastening device such that the cylindrical fastening device clamps the frame and fixes the length adjustable tubular retractor thereby when the cylindrical fastening device engages in a fastening mode.

(235) In an embodiment, the invention provides a length adjustable tubular retractor. The retractor includes a cylindrical body having a hollow interior, a central axis, proximal and distal ends, and internal and exterior surfaces, where one or both of the internal surface and the exterior surfaces of the cylindrical body includes at least one or a plurality of grooves or through slots or a combination thereof circumferentially disposed along the cylindrical body, each one of the at least one or a plurality of grooves or through slots or a combination thereof located at a predetermined position along the cylindrical body, each one of the at least one or plurality of the grooves, through slots or combination thereof positioned along the cylindrical body between the proximal end and the distal end. Each of the at least one or a plurality of grooves, through slots or a combination thereof is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular. The retractor is one of disposable or reusable.

(236) In an embodiment, the invention provides a method for providing a size-selected length adjustable tubular retractor. The method includes (i) providing a length adjustable tubular retractor; (ii) selecting one of the predetermined positions along the cylindrical body at which to break the retractor; and (iii) engaging a tool to enable a break at the selected predetermined position at the groove, through slot or combination thereof located at the selected predetermined position. The length adjustable tubular retractor includes a cylindrical body having a hollow interior, a central axis, proximal and distal ends, and internal and exterior surfaces, where one or both of the internal surface and the exterior surfaces of the cylindrical body includes at least one or a plurality of grooves or through slots or a combination thereof circumferentially disposed along the cylindrical body, each one of the at least one or a plurality of grooves or through slots or a combination thereof located at a predetermined position along the cylindrical body, each one of the at least one or plurality of the grooves, through slots or combination thereof positioned along the cylindrical body between the proximal end and the distal end. Each of the at least one or a plurality of grooves,

through slots or a combination thereof is configured such that the cylindrical body is breakable at each of the predetermined positions to form a size-selected length adjustable tubular. The retractor is one of disposable or reusable.

(237) In some embodiments, the tool is a pair of human hands, one hand disposed proximal to the selected predetermined position and the other hand disposed distal to the selected predetermined position, each hand gripping the retractor along the central axis. The action of breaking is accomplished by rotation of the hands off of the central axis to break the cylindrical body.

(238) In some embodiments, the tool is a pair of opposable insertion rods, clamps, or a combination thereof, one of which is engaged with the cylindrical body disposed proximal to the selected predetermined position and the other of which is engaged with the cylindrical body distal to the selected predetermined position, each of the pair of opposable insertion rods, clamps, or a combination thereof engaging the retractor along the central axis. The action of breaking is accomplished by rotation of the pair of opposable insertion rods, clamps, or a combination thereof off of the central axis to break the cylindrical body.

(239) In an embodiment, the invention provides a tube breaker for adjusting the length of a length adjustable tubular retractor. The tube breaker includes a protuberance portion, an upper portion, a lower portion, and a plurality of marks. The protuberance portion has a top, side, and bottom, the side of the protuberance portion is disposed between the top and bottom of the protuberance portion, the protuberance portion extends from the top toward the bottom along a longitudinal axis, and the protuberance portion has cross-sectional areas along the longitudinal axis. The upper portion has a generally cylindrical shape, the upper portion is adapted to be slidably inserted in a length adjustable tubular retractor, the upper portion has a first end, the upper portion extends from the first end along the longitudinal axis toward the protuberance portion and connects to the top of the protuberance portion, and the upper portion has cross-sectional areas along the longitudinal axis. The cross-sectional area at the top of the protuberance portion is greater than the cross-sectional area of the upper portion where the upper portion connects to the top of the protuberance. The lower portion has a generally cylindrical shape, the lower portion is adapted to be slidably inserted in a length adjustable tubular retractor, the lower portion has a second end, the lower portion extends from the second end along the longitudinal axis toward the protuberance portion and connects to the bottom of the protuberance portion, and the lower portion has cross-sectional areas along the longitudinal axis. The cross-sectional area at the bottom of the protuberance portion is greater than the cross-sectional area of the lower portion where the lower portion connects to the bottom of the protuberance portion; and a plurality of marks disposed on the upper portion, protuberance portion, and lower portion, each mark indicating a relative longitudinal location measured from the first end. The upper portion and lower portion are configured to enable a break, when inserted in a length adjustable tubular retractor, at a selected predetermined position on the length adjustable tubular retractor by an action of breaking. The action of breaking is accomplished by hands of the operator gripping the length adjustable tubular retractor and tube breaker and applying force or moment to induce bending moment greater than the bending moment the selected predetermined position on the length adjustable tubular retractor can withstand.

(240) In some embodiments, the upper portion is chamfered at the first end such that the cross-sectional areas are decreasing along the longitudinal axis toward the first end.

(241) In some embodiments, the lower portion is chamfered at the second end such that the cross-sectional areas are decreasing along the longitudinal axis toward the second end.

(242) In some embodiments, each mark is spaced equidistance of approximately 5-15 mm.

(243) In some embodiments, each mark is spaced equidistance of approximately 10 mm.

(244) In some embodiments, the tube breaker further includes a plurality of recesses. In some embodiments, the plurality of recesses is disposed along the longitudinal axis on the tube breaker, each recess having at least one complementary recess disposed on the same plane perpendicular to the longitudinal axis.

(245) In some embodiments, the side of the protuberance portion includes a generally concave curved surface.

(246) In some embodiments, the tube breaker is made of a monolithic piece of material.

(247) In some embodiments, the tube breaker is constructed from one or more segments that are assembled together.

(248) In some embodiments, the tube breaker is comprised of titanium, stainless steel, polymer, or a combination thereof.

Claims

1. A length adjustable retractor, comprising: a scored elongate body adapted for breaking away at least a portion of the scored elongate body to thereby adjust the length of the length adjustable retractor, the scored elongate body comprising a proximal end, a distal end, an interior surface, and an exterior surface, and a retractor axis defined along the scored elongate body from the proximal to the distal end, the scored elongate body also comprising a plurality of through slots oriented perpendicular to the retractor axis and positioned between the proximal end and the distal end, each through slot disposed through the exterior and interior surfaces and extending along a portion of the scored elongate body, the scored elongate body also comprising a plurality of exterior grooves disposed within the exterior surface of the scored elongate body and extending along a portion of the scored elongate body, each of the plurality of exterior grooves aligned with a through slot, wherein the aligned plurality of exterior grooves and plurality of through slots are spaced apart from one another at predetermined positions, each of the predetermined positions being spaced apart from the others at a predetermined distance, and wherein the scored elongate body is breakable at each of the predetermined positions.

2. The length adjustable retractor of claim 1, wherein the retractor has a tubular shape and each of the plurality of aligned exterior grooves and through slots is disposed sequentially along the length of the elongate body and positioned between the proximal end and the distal end at 90 degrees from each adjacent through slot.

3. The length adjustable retractor of claim 1, wherein the plurality of aligned exterior grooves and through slots is disposed in a staggered arrangement along the length of the elongate body, or in a spiral arrangement along the length of the elongate body.

4. The length adjustable retractor of claim 1, wherein at least one of the exterior grooves comprises a shape selected from a V-shape having an angle at its apex along the exterior surface, or U-shape having a curvature along the exterior surface.

5. The length adjustable retractor of claim 1, wherein the plurality of aligned exterior grooves and through slots is disposed in a staggered arrangement along the length of the elongate body and positioned between the proximal end and the distal end.

6. A length adjustable retractor, comprising: a scored elongate body adapted for breaking away at least a portion of the scored elongate body to thereby adjust the length of the length adjustable retractor, the scored elongate body comprising a proximal end, a distal end, a curved interior surface having a defined radius of curvature, and an exterior surface, the curved interior surface facing toward a retractor axis corresponding with the radius of curvature the scored elongate body, the exterior surface facing away from the retractor axis of the scored elongate body, the scored elongate body also comprising a plurality of through slots oriented perpendicular to the radius of curvature and positioned between the proximal end and the distal end, each through slot disposed through the exterior and interior surfaces and extending along a portion of the scored elongate body, the scored elongate body also comprising a plurality of exterior grooves disposed within the exterior surface of the scored elongate body and extending along a portion of the scored elongate body, each of the plurality of exterior grooves aligned with a through slot, wherein the aligned plurality of exterior grooves and plurality of through slots are spaced apart from one another at

predetermined positions each of the predetermined positions being spaced apart from the others at a predetermined distance, and wherein the scored elongate body is breakable at each of the predetermined positions.

7. The length adjustable retractor of claim 6, wherein the retractor has a tubular shape and each of the plurality of aligned exterior grooves and through slots is disposed sequentially along the length of the elongate body and positioned between the proximal end and the distal end at 90 degrees from each adjacent through slot.

8. The length adjustable retractor of claim 6, wherein at least one of the exterior grooves comprises a shape selected from a V-shape having an angle at its apex along the exterior surface, or U-shape having a curvature along the exterior surface.

9. The length adjustable retractor of claim 6, wherein the plurality of aligned exterior grooves and through slots is disposed in a staggered arrangement along the length of the elongate body and positioned between the proximal end and the distal end.

10. A length adjustable tubular retractor, comprising: a scored tubular retractor comprising a cylindrical body, the scored tubular retractor adapted for breaking away at least a portion of the cylindrical body to thereby adjust the length of the tubular retractor, the cylindrical body having a proximal end, a distal end, an interior surface, and an exterior surface, the interior surface facing toward a central axis of the cylindrical body, the exterior surface facing away from the central axis of the cylindrical body, the cylindrical body comprising a plurality of exterior grooves disposed circumferentially within the exterior surface of the cylindrical body and positioned between the proximal end and the distal end, each of the plurality of exterior grooves spaced apart from one another at a predetermined distance, and comprising a plurality of through slots disposed through the exterior and interior surfaces of the cylindrical body, each through slot extending circumferentially along a portion of the cylindrical body and aligned with and adjacent an exterior groove, wherein the cylindrical body is breakable at each of the predetermined positions.

11. The length adjustable tubular retractor of claim 10, wherein the retractor is formed of a material selected from a metal and a polymeric material.

12. The length adjustable retractor of claim 10, wherein at least one of the exterior grooves comprises a shape selected from a V-shape having an angle at its apex along the exterior surface of the cylindrical body, or U-shape having a curvature along the exterior surface of the cylindrical body.

13. The length adjustable retractor of claim 10, wherein the plurality of aligned exterior grooves and through slots is disposed in a staggered arrangement along the length of the cylindrical body, or in a spiral arrangement along the length of the cylindrical body, or sequentially along the length of the cylindrical body and positioned between the proximal end and the distal end at 90 degrees from each adjacent through slot.

14. The length adjustable tubular retractor of claim 10, comprising at least one interior groove disposed circumferentially within the interior surface of the cylindrical body, the at least one interior groove aligned with and opposite the at least one exterior groove.
