Conflict of Interest

- **Paid Consultant:**
  - Smith & Nephew
  - Biomet

- **Institutional Support:**
  - Smith & Nephew
  - Synthes
  - Biomet
  - Breg
RCT
Questions:

• What Is the First Thing You Do When You Enter the SAS?

• How Do You Decide What to Clean or Release?

• What Do You Release?

• How and When Do You Decide to Do an Acromioplasty?
Questions:

- How and Where Do You Position the Arthroscope to Get the Best View of the Subacromial Space and the Rotator Cuff?
Posterior vs. Posterolateral Portal
Questions:

• How Do You Decide to Do A DR vs. SR RCR?
• How Do You Decide How Many Medial Anchors to Use?
• How Do You Position Them?
• How Do You Safely Access the Medial Tuberosity?
Abduction Vs Adduction
For
Medial Row Anchors
Questions:

- What Do You Use to Pass Your Sutures?
- How Medial Do Place Your Sutures?
Questions:

- What Do You Use to Do the LR?
- Where Do You Place the Anchor/s?
- How Do Decide How Many Anchors to Use?
1. What Are the Essentials?

2. How Are They Mastered?
What Are the Essentials?

1. Core Shoulder Arthroscopy Skills
2. Knot Tying Skills
3. Knot Pusher (Puller) Skills
4. Anchor Insertion/Orientation Skills
5. Suture Management Skills
6. A Desire To Convert From Open to An Arthroscopic Technique
7. Patience
What Are the Essentials?

1. Core Shoulder Arthroscopy Skills
2. Knot Tying Skills
3. Knot Pusher (Puller) Skills
4. Anchor Insertion/Orientation Skills
5. Suture Management Skills
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7. Patience
Core Shoulder Arthroscopy Skills

- Ability to Perform a Diagnostic Intra-articular and Subacromial Exam
- Ability to perform SAD and Distal Clavicle Resection
- Ability to Probe and Evaluate a RCT
Acromioplasty
A/C Joint Resection
What Are the Essentials?

1. Core Shoulder Arthroscopy Skills
2. Knot Tying Skills
3. Knot Pusher (Puller) Skills
4. Anchor Insertion/Orientation Skills
5. Suture Management Skills
6. A Desire To Convert From Open to An Arthroscopic Technique
7. Patience
Knot Tying

• Learn A Couple/Forget the Rest
• I Use Two Knots
  • Double Half-Hitch (Non-Sliding)
  • Tennessee Slider (Sliding)
Knot Tying

- Knotless Strategies Can Solve Some Problems But Not All. You Must Know How to Tie a Good Knot.
What Are the Essentials?

1. Core Shoulder Arthroscopy Skills
2. Knot Tying Skills
3. Knot Pusher (Puller) Skills
4. Anchor Insertion/Orientation Skills
5. Suture Management Skills
6. A Desire To Convert From Open to An Arthroscopic Technique
7. Patience
Anchor Insertion

- Orientation of Sutures In the Anchor
- Position of the Anchor (Proximal End) In the Inserter
- Depth of the Anchor In Bone
What Are the Essentials?

1. Core Shoulder Arthroscopy Skills
2. Knot Tying Skills
3. Knot Pusher (Puller) Skills
4. Anchor Insertion/Orientation Skills
5. Suture Management Skills
6. A Desire To Convert From Open to An Arthroscopic Technique
7. Patience
Suture Positioning

- Store Them Where They Won’t Interfere With Passage.
- Store Them Where You Won’t Work Or Look
- Stay Out of Your Own Way
- Insert Sutures From Far to Near
- Tie From Near to Far
- Don’t Work Over Sutures
Miller et al '95
Suture Passage

- Punch & Shuttle
- Pierce & Grab
- Pierce & Carry
- Pierce & Shuttle
Suture Passage

• It Is OK to Have a Favorite Way to Pass Sutures But You Need to Know How to Use All Three Methods.
What Are the Essentials?

1. Core Shoulder Arthroscopy Skills
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5. Suture Management Skills
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7. Patience
What Are the Essentials?

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6. A Desire To Convert From Open to An Arthroscopic Technique
7. Patience
Plan

• The Major Companies All Make Good Equipment For Rotator Cuff Repair

• Work With the Best Rep.
Plan

• You Need Relatively Few Instruments To Do a RCR.

• You Just Need to Know How to Use Them Well.
Lateral Rotator Cuff Repair

Room Set Up

Posterior Portal

Intra-Articular Exam

Subacromial Exam

Lateral Portal

Bursectomy

(Acromioplasty, A/C Jt)

Probe/Evaluation of the Cuff Tear

Debridement of the GT

Anterior Portal

Insertion of Cannulas

Accessory Lateral Portal

Insert Anchor/s

Store Sutures

Pass Sutures Through the Cuff

Tie Knots

Start With a Less Demanding Case

Fall Back to Mini-Open
Make Mini-Open Maxi-Arthroscopic

- Extend the Lateral Portal
- View Through the Lateral Incision
- Work Through the Anterior and Posterior Cannulas
- Continue to Use Arthroscopic Equipment
- Tie Knots With Arthroscopic Technique and With the Knot Pusher
What Are the Essentials?

- Core Shoulder Arthroscopy Skills
- Knot Tying Skills
- Knot Pusher (Puller) Skills
- Anchor Insertion/Orientation Skills
- Suture Management Skills
- A Desire To Convert From Open to An Arthroscopic Technique
- Patience/Plan
How Do We Achieve Proficiency In These Essentials?

• Fellowship Training
• Work With An Expert
• Take a Course
• Practice On Models/Cadavers
Thank You