Surgical Technique

Diagnostic Arthroscopy
- Standard posterior portal (Figure 1)
- Standard anterior rotator interval portal (using spinal needle to assure proper angle to address anterior/superior labrum)
- Superior labral probing: assess for SLAP lesion
  - Signs of injury (labral fraying, exposed bone)
  - Superior displacement of labrum > 5mm with probing
  - Inferior displacement
- Biceps tendon: assess for partial-thickness tearing/instability
  - Origin
  - Intraarticular component
  - Reduce tendon in the joint
  - Rule out rotator interval lesion/assess medial stability
  - Consider biceps tenodesis or tenolysis if significant partial-thickness tearing and/or medial instability (Figure 2)
- Other…
  - Rotator cuff
  - Articular cartilage
  - Ligaments
  - Synovium

Superior Labral Debridement/Supraglenoid Preparation
- Contour edges
- Small, curved shaver (3.5mm) to debride superior glenoid to bone
- Small burr (3.5mm) to decorticate superior glenoid bone
  - Avoid deep trough
  - Avoid glenoid articular cartilage injury

Superior Labral Lesion (SLAP) Repair
Using the 3.5mm LactoScrew™ Suture Anchor
Surgical Technique

Establish Mid-Lateral Portal

- 2mm guide pin just off mid-lateral acromial edge (Figure 3)
- Pin transverses through myotendonous junction of supraspinatus
- Sharp 7mm cannulated obturator + 7mm cannula placed over guide pin

Placement of Suture Anchor(s)

- Probe in mid-lateral portal pushing labrum medially, exposing prepared superior glenoid bone
- If two suture anchors are utilized, start with the most anterior anchor
- Drill/tap to laser mark depth through anterior portal
- LactoScrew® Suture Anchor placed to laser mark depth
- Assess stability of anchor under direct visualization
- Pull a suture limb though lateral portal to avoid entanglement

Placement of Suture Through Anterior Labrum

- Place a Mini Suture Punch through anterior portal to pierce labrum (Figure 4) (for simple suture technique)
- Transfer other limbs to anterior portal utilizing arthroscopic suture retriever
- Remove and replace anterior cannula with sutures outside this cannula (avoids entanglement of sutures)

If Posterior Suture Anchor is Desired

- Place LactoScrew® Suture Anchor through lateral portal
- Transfer limb of posterior suture anchor to anterior portal utilizing arthroscopic suture retriever
- Place Mini Suture Punch through lateral portal to pierce labrum (Figure 5) (for simple suture technique)
- Transfer other limb of posterior anchor back through lateral portal utilizing suture retriever
Knot Tying

- Tie posterior anchor sutures first with the Nordt™ Knot Tightener
- **First throw:** suture through labrum is post
- **Second throw:** two half-hitches, same direction, around post utilizing Nordt™ Knot Tightner
- **Third throw:** half-hitch, opposite direction, alternate post (locking the knot)
- **Fourth throw:** half-hitch, opposite direction, alternate post
- **Fifth throw:** half-hitch, opposite direction, alternate post
- Cut suture ends 1–2mm above knot
- Pull second suture ends from outside anterior cannula through lateral portal
- Repeat knot tying of anterior anchor sutures
- Assess stability of repair


Developed in conjunction with Patrick M. Connor, M.D. and Donald F. D’Alessandro, M.D., Charlotte, North Carolina.

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