Diagnostic Arthroscopy

♦ Standard posterior portal (Figure 1)
♦ Standard anterior rotator interval portal
♦ Assess for . . .
  ♦ Labral pathology
  ♦ Glenohumeral articular cartilage
  ♦ Biceps tendon pathology
  ♦ Capsular integrity
  ♦ Synovitis
  ♦ Articular surface of the rotator cuff
    – Intact
    – Partial tear
    – Full thickness tear

Arthroscopic Subacromial Decompression +/- Distal Clavicle Excision

♦ Subacromial portals
  ♦ Posterior (optional for inflow)
  ♦ Posterolateral (scope)
  ♦ Anterolateral (shaters or burrs)
♦ Prompt acromioplasty—standard technique
♦ Rasp to palpate and smooth acromium

Mini-Open Rotator Cuff Repair

♦ Incision: Horizontal incision (4 – 5 cm) along lateral edge of acromium (Figure 2) Note: Above lateral subacromial portal
♦ Subcutaneous flaps at level of deltoid fascia
♦ Split mid lateral deltoid in line with fibers (4cm)
  ♦ Avoid detaching deltoid origin off anterior acromion
  ♦ Avoid distal extension of deltoid split to axillary nerve
♦ Self-retaining deltoid retractor (different sized blades available) (Figure 3)
  ♦ Place arm in adduction and relative extension; internal and external rotation will deliver rotator cuff tear into mini-open exposure
MINI-OPEN ROTATOR CUFF REPAIR

- Subacromial bursal excision
- Standard mobilization techniques
- Suture anchors
  - Drill/tap to laser mark depth
  - LactoScrew™ Suture Anchor (with two #2 nonabsorbable braided suture) placed to laser mark depth
  - Assess stability of anchor under direct visualization
  - Place single or mattress sutures based on tear configuration
  - Repeat process moving posteriorly, as needed, 5 – 7mm between anchors
- Bone tunnels
  - Small or large bone tunnel awl to create bone perforation on lateral proximal humeral cortex (Figure 4)
  - Corresponding crochet suture retriever to deliver two #2 nonabsorbable braided sutures (Figure 5)
  - Mason-Allen suture technique (Figure 6)
  - Optional lateral proximal humerus bone augmentation with resorbable Rotator Cuff Buttress (RCB™) plate (Figures 7)
- Deltoid split reapproximation
- Subcuticular closure

Figure 4

Figure 5

Figure 6

Figure 7


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

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