

CHARLOTTE SHOULDER SYSTEM

SURGICAL TECHNIQUE SERIES

MINI-OPEN ROTATOR CUFF REPAIR

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

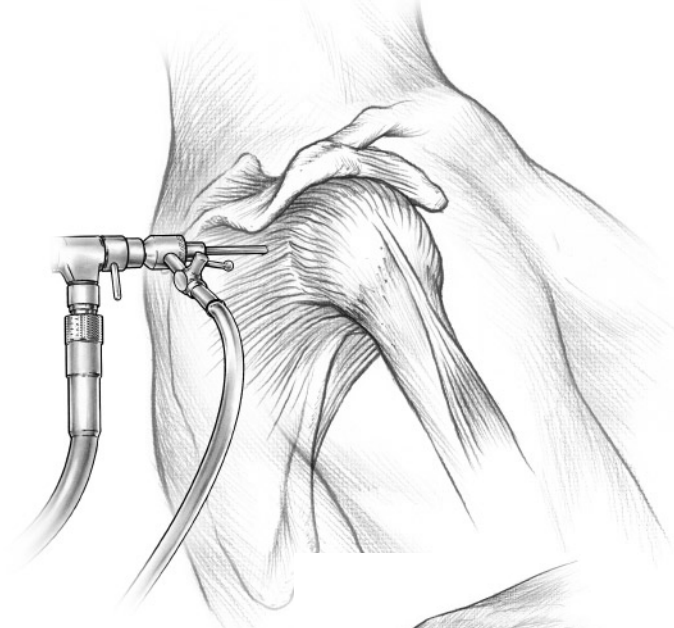


Figure 1

Arthroscopic Subacromial Decompression +/- Distal Clavicle Excision

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

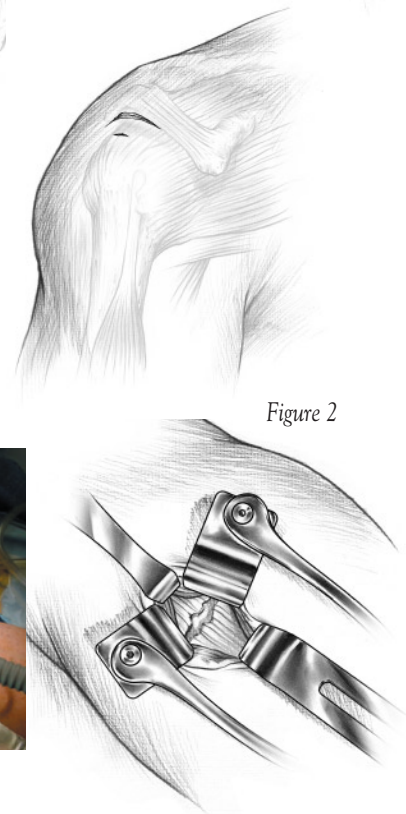


Figure 2

Mini-Open Rotator Cuff Repair¹

- ◆ 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



Figure 3

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 technique² (Figure 6)
 - Optional lateral proximal humerus bone augmentation² with resorbable Rotator Cuff Buttress (RCB™) plate (Figures 7)
- ◆ Deltoid split reapproximation
- ◆ Subcuticular closure

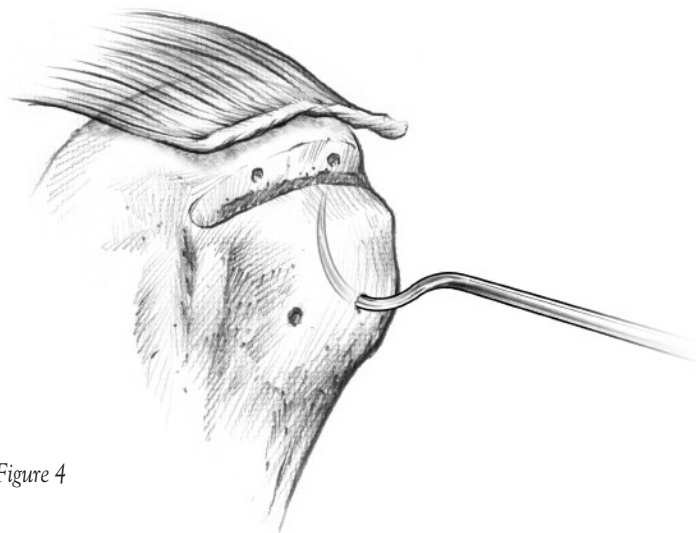


Figure 4

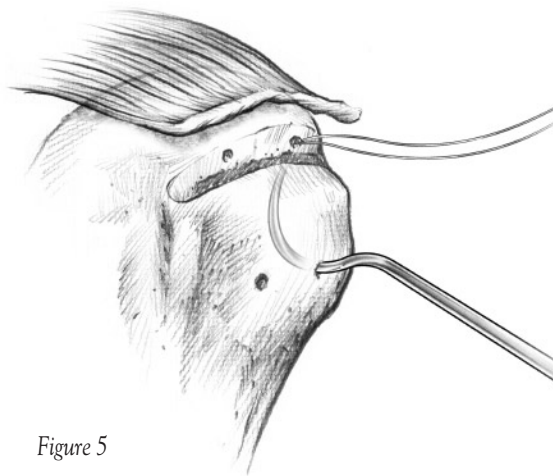


Figure 5

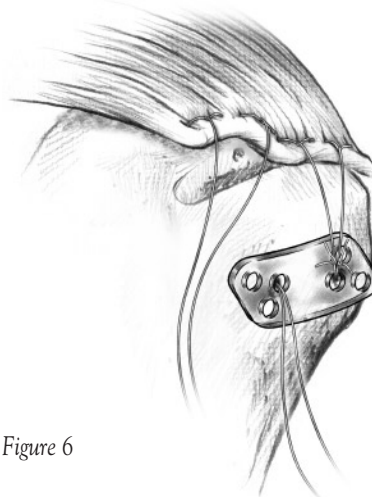


Figure 6

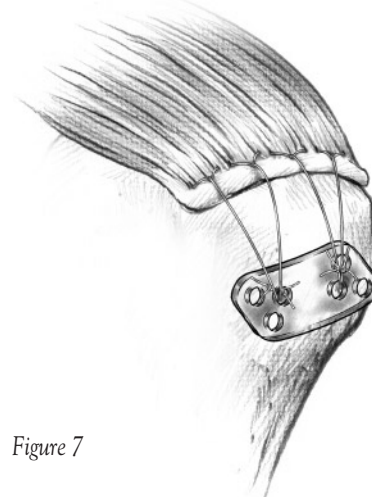


Figure 7

1. Connor PM. Arthroscopically assisted mini-open rotator cuff repair. *Operative Techniques in Orthopaedics*, 8 (4), 1998.

2. Gerber C, Schneeberger AG, Perren SM, Nyffeler-RW. Experimental rotator cuff repair. A preliminary study. *J Bone Joint Surg (A)* Sep; 81(9): 1281-90, 1999.

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