

Zimmer<sup>®</sup> Trabecular Metal<sup>™</sup> Humeral Stem

Surgical Technique



**Evolution Meets Revolution** 



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# Trabecular Metal<sup>™</sup> Humeral Stem Surgical Technique

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# **Patient Positioning**

Patient positioning is especially important in total shoulder surgery (Fig. 1). Place the patient in a semibeach-chair position. Use a head rest that allows for the superior part of the table to be removed. Place two towels under the spine and the medial border of the scapula to raise the affected side. Raise the head of the table approximately 25-30 degrees to reduce venous pressure. Attach a short arm board to the table, or use another arm support method that will allow the arm to be raised or lowered as necessary throughout the procedure.



Fig. 1

# **Incision and Exposure**

First, mark the coracoid process. Then mark the line of the incision, beginning at the clavicle just lateral to the coracoid process. Extend the line along the deltopectoral groove to the area of the mid-humerus (Fig. 2). Then make the incision following the line. Undermine the skin flaps to improve exposure. Dissect subcutaneous tissue from the deltoid fascia, and expose the deltoid and pectoralis major muscles. Retract the skin by placing Gelpi retractors about one-third of the way down, and one-third of the way up. Develop the deltopectoral interval, retracting the pectoralis major medially and the deltoid laterally. Identify



Fig. 2

and dissect the interval between the pectoralis major muscle and the cephalic vein. Retract the cephalic vein either medially or, preferably, laterally as this will minimize bleeding from the deltoid muscle or cephalic vein. Release the upper 1cm-2cm of the insertion of the pectoralis major tendon, being careful to avoid the long head of the biceps tendon. In very tight shoulders, the pectoralis may need to be completely released. Tag the pectoralis major muscle with a suture so it can be easily identified for later reattachment. Reposition the distal medial retractor under the pectoralis major muscle.

Release any adhesions between the deltoid and strap muscles (coracobrachialis and short head of biceps) and develop a plane between the strap muscles and the humerus. Reposition the proximal medial retractor under the strap muscles (Fig. 3).

Sweep the bursa off the humeral head and the greater tuberosity. Then expose the superior portion of the subacromial



space by resecting the leading edge of the coracoacromial ligament. Identify the superior and inferior margins of the subscapularis tendon. Divide the tendon just medial to the bicipital groove and remove it from the lesser tuberosity. Being careful inferiorly to avoid the axillary nerve, retract the subscapularis medially, exposing the articular surface of the humeral head.

It is very important to maintain as much length of the subscapularis muscle as possible. Remove the capsule and subscapularis tendon as a unit laterally from the humerus. Do this as close as possible to the humeral neck to avoid injury to the axillary nerve. External rotation of the humerus is helpful. In cases where there is a large inferior osteophyte on the humeral head, it is especially important to dissect the capsule off the neck of the humerus laterally as the axillary nerve is on the medial and inferior aspect of the osteophyte. Medially, at the glenoid rim, the capsule and labrum can be separated from the subscapularis tendon. This will facilitate lateral mobilization.

# **Humeral Preparation**

The goal in replacing the humeral head is to place a prosthetic articular surface precisely on the proximal humerus as it would have been before the destructive arthritic process began. The relationship among bony anatomy, rotator cuff insertions, and soft tissue tension must all be considered.

**Technique Tip:** To facilitate access to the humeral canal, the shoulder should be off the table. To accomplish this, push the elbow back and externally rotate the arm.

Note: Both *Bigliani/Flatow*<sup>®</sup> Humeral General and *Trabecular Metal* Humeral instrument trays are needed for this procedure.

#### **Ream Humeral Canal**

Dislocate the humeral head by externally rotating and extending the humerus. If necessary, place a metal finger inferiorly between the humerus and the glenoid. Removal of capsule from the inferior aspect of the humeral neck may be needed to achieve dislocation. Before reaming the canal, it is important to remove all anterior or inferior osteophytes so that the true anatomical neck (junction of the articular cartilage and cortical bone) can be determined.

Using the reamers from Bigliani/Flatow tray, attach a Short Intramedullary Reamer with a trocar point to the Ratchet T-handle (Fig. 4). There are three positions marked on the collar of the T-handle: FORWARD, LOCKED, and REVERSE. To ream the starter hole, use the FORWARD position (Fig. 5). Short Intramedullary Reamers are available in diameters of 6mm, 7mm, and 8mm, and the appropriate size should be chosen for the patient's humeral canal. Place the trocar tip of the reamer just posterior to the bicipital groove (Fig. 6) and ream a starter hole. A mallet may be used to start the hole in hard bone.



Fig. 5



Attach the T-handle to the longer, blunt-tipped Intramedullary Tapered Reamer of the same diameter and begin manually reaming the humeral canal. Use progressively larger reamers in 1mm increments until resistance is felt from cortical contact in the canal. Continue reaming to the appropriate depth as indicated on the reamer shaft (Fig. 7). These reamers have blunt tips to help guide them down the canal and prevent obtrusion into cortical bone. Remove the T-handle, but leave the last reamer in the canal to interface with the Humeral Head Cutting Guide.

Note: This reamer will be used again after humeral head resection.

# <image>

#### Determining Humeral Resection Angle

Choose the appropriate angle to make the first cut using pre- or intraoperative techniques. The *Trabecular Metal* Humeral Silhouettes can be used to aid this assessment (Fig. 8). Based upon this evaluation, choose the matching *Trabecular Metal* Humeral Cutting Guide.

Note: If the angle hasn't been determined, use of the 48° Cutting Guide first would allow you to later change to a 42° cut without violating the rotator cuff insertion site. However, if you use a 42° Cutting Guide, converting to a 48° may violate the rotator cuff insertion site.



Note: The *Trabecular Metal* Humeral Cutting Guide 42° preparation instruments are color coded gold throughout the system. This is to distinguish them from the 48° preparation instruments.

#### **Resect Humeral Head**

Assemble the *Trabecular Metal* Humeral Cutting Guide for either a right or left configuration. (See "Assembling the *Trabecular Metal* Humeral Head Cutting Guide."

# Assembling the Trabecular Metal Humeral Head Cutting Guide

Align the groove on the boom stem with the groove on the cutting block. Push the components together until they snap into place (Step A).

With the thumb screw at the end of the boom pointed toward you, observe the various "R" or "L" etchings that indicate a right or left configuration. All the etchings that are facing you now should be the same, either "R" or "L" (Step B). To change the right/left orientation, remove the thumb screw at the end of the boom (Step C). Then loosen the second thumb screw on the box at the top of the boom stem. Slide the boom stem off the end of the boom. Rotate the sleeve, top to bottom, and reinsert into the opposite side of the box at the top of the boom stem (Step D). Retighten the thumb screw on the box at the top of the boom stem. Then reinsert and tighten the thumb screw at the end of the boom. Finally, verify that all the appropriate right or left etch marks are visible when the boom thumb screw is facing you (Step E).



Slide the boom sleeve over the reamer shaft (Fig. 9). Adjust the depth of cut by moving the sleeve up or down on the reamer shaft. Rotate the sleeve on the reamer shaft until the point is approximately in line with the bicipital groove (Fig. 10). Typically, the tip of the boom sleeve should be touching articular cartilage/bone surface. Then tighten the first thumb screw, which is located on the end of the boom. Advance the boom stem and cutting block along the boom until the block contacts the bone (Fig. 11). Tighten the second thumb screw, which is located at the junction of the boom and boom stem.

To gauge the retroversion of the cut, insert Threaded Alignment Rods into the holes marked 20 degrees and 40 degrees on the cutting block (Fig. 12a). Then line up the rods with the forearm to assess the retroversion (Fig. 12b). Retroversion can be adjusted by loosening both thumb screws and rotating the cutting guide about the axis of the Intramedullary Reamer. The forearm should be between the 20 degree and 40 degree rods (Fig. 12c). Then retighten the thumb screws, being sure that the cutting block is again touching the bone (Fig. 12d).





#### Fig. 12d

Insert the Humeral Head Cutting Guide Fingers into the cutting slots to visualize the path of the saw blade through the bone and confirm the angle of inclination chosen (Fig. 13). Confirm that the cut will not violate the rotator cuff insertion but will still remove the articular cartilage on the humeral head. If necessary, loosen the thumb screw at the end of the boom, and move the sleeve up or down to adjust the depth of cut. In some cases, the shoulder capsule may be too tight to accommodate the fingers. Partially insert a Cutting Guide Pin or 3.2mm Threaded Pin from the *Bigliani/ Flatow* Fracture Instrument Kit with Pin Driver through one of the lateral/medial holes in the cutting block. Fully insert a second pin through one of the medial/ lateral holes (Fig. 14). If the cortex is very hard, predrill these holes using a drill with a diameter between 2.0mm and 2.7mm.

Loosen both thumb screws on the guide and remove the boom, leaving the cutting block in place. Set the T-handle to the **REVERSE** position. Attach the T-handle to the reamer and remove the reamer from the humeral canal.

The Threaded Alignment Rods may be removed prior to making the cut. It is important to make the cut along the articular surface as this will help ensure the correct retroversion on the majority of cases. Care must be taken to avoid cutting into the rotator cuff posteriorly. Use an oscillating saw to resect the humeral head (Fig. 15). Then remove the cutting block.

After the humeral head has been resected, reinsert the final humeral reamer until the 130mm depth marking is even with the medial opening of the canal.



Humeral Head Cutting Guide Fingers



Fig. 14





#### **Proximal Humeral Reaming**



\*Note: If cementing distally, a larger distal reamer may be used to create a cement mantle but the proximal reamer size should match the implant size to create a press fit of the *Trabecular Metal* section.

Select the appropriate Tapered *Trabecular Metal* Proximal Humeral Reamer (see chart above). The Tapered Proximal Reamers are matched to the implant size.

Note: Consecutive odd and even distal stem diameters use the same Tapered Proximal Reamer (e.g. the 9mm and 10mm stems use the 9/10mm Tapered Proximal Reamer). The 6mm and 8mm stems use the 6mm and 8mm Proximal Reamers, respectively.

Attach the Distal Pilot matching the reamed humeral canal to the Tapered *Trabecular Metal* Proximal Reamer (Fig. 16). The Distal Pilot should spin freely. Note: 6mm Reamer does not use a Distal Pilot. Ream proximal humerus until the Reamer is flush with the proximal-lateral edge of the canal opening (Fig. 17).







#### **Stem Provisional Insertion**

Attach the appropriate Distal Pilot to the *Trabecular Metal* Humeral Stem Provisional (Fig. 18). Choose the Proximal Provisional that matches the Proximal Reamer that was used and the Distal Pilot that matches the Distal Reamer used. Consecutive odd and even distal stem diameters use the same Proximal *Trabecular Metal* Humeral Stem Provisional (e.g. the 9mm and 10mm stems use the 9/10mm Proximal *Trabecular Metal* Humeral Stem Provisional).



#### Note: The 6mm stem uses the "monoblock" 6mm provisionals.

Attach the Proximal *Trabecular Metal* Humeral Stem Provisional to the Humeral Stem Inserter/Extractor by the following steps:

- 1 Open the Humeral Stem Inserter/ Extractor Handle completely.
- (2) Retract the Clamp Arm approximately half way.
- (3) Insert the Distal Tip into the Inserter/Extractor hole on the Trabecular Metal Humeral Stem Provisional Assembly.
- 4 Advance the Clamp Arm into the hole located in the center of the collar until it is completely seated in the provisional.

Fig. 19

5 Close the Inserter Handle.

There are 20-degree and 40-degree holes on the Inserter/Extractor to allow for verification of the stem retroversion using the Threaded Alignment Rods (Fig. 19).

**Technique Tip:** To facilitate access to the humeral canal, the shoulder should be off the table. To accomplish this, push the elbow back and externally rotate the arm.

The Alignments Rods may be removed prior to impacting Humeral Stem Provisional. Insert and impact the Humeral Stem Provisional into the humeral canal until the collar is flush with the cut surface (Fig. 20). The fin on the Proximal Humeral Stem Provisional is self-cutting to prepare a path for the fin on the stem implant. This should place the humeral component in the correct degree of retroversion for that patient. Remove the Inserter/Extractor by opening the handle completely. Use a curette to remove any bone from the center hole of the Humeral Stem Provisional. This will allow for later placement of the Humeral Head Provisional (Fig. 21). Leave the Humeral Stem Provisional in place to help minimize bleeding and protect soft tissue during the glenoid preparation.

Note: If a total shoulder is being performed, glenoid preparation would occur at this point. Refer to the *Bigliani/Flatow* Total Shoulder Arthroplasty Surgical Technique for additional information.



# **Humeral Head Selection**

Choose the Humeral Head Provisional from the *Bigliani/Flatow* Humeral General Instrument Tray that best covers the prepared surface of the proximal humerus and fills the rotator cuff circumferentially. Standard and offset heads are available. Insert a metallic Capture Pin into the Humeral Head Provisional (Fig. 22). The resected humeral head can be used as an initial reference for choosing the humeral head size (Figs. 23a & 23b).

Note: If the humeral head height is matched to the resected head, the stem collar counterbore must be used to maintain this height. If the stem collar is not inset into the proximal canal, the effective head height will be increased by approximately 2-3mm.

Offset Head

Provisional

Capture Pin

Applied pressure to the appropriate humeral head will sublux the head about 50 percent of its diameter posteriorly and inferiorly, falling back into place when the pressure is released. A head that does not fill the capsule will dislocate over the glenoid rim, and one that overstuffs the oint will not allow this "50-50" laxity assessment. Pull the subscapularis muscle over the joint. If the fit is too tight, release the tendon as necessary. Often, releasing the subscapularis from the anterior labrum and capsule

Place the Humeral Head Provisional on

the Humeral Stem Provisional to the

point where the head is at the level of

the rotator cuff insertion. The humeral

overhang the calcar medially (Fig. 24).

If using an offset head, rotate the head

head must at least reach or slightly

into the proper anatomical position

the etched line labeled "MAX".

and mark the position on the bone at

Reduce the joint and check the fit on

will provide sufficient mobilization to

the neck of the humerus. Remove the

provisional components and perform

any necessary soft tissue releases.

Fig. 23a

Fig. 23b

both the superficial and deep surfaces.

Standard Head Provisional

Fig. 22

D = Diameter of the sphere created by extending the curvature of the head.

I = Height between the bottom of the collar and the top of the head. If the humeral component is placed too low, the greater tuberosity will be relatively prominent and may impinge under the acromion. This condition can limit the range of motion. In addition, the resulting vector forces will drive the humeral head down against the inferior margin of the glenoid and can contribute to rocking and possible loosening. Therefore, it is important to always check that the superior aspect of the humeral head is above the superior aspect of the greater tuberosity.

If the humeral component is placed too high, the supraspinatus muscle will be under too much tension around the prominent lateral margin of the humeral head. In addition, the uncovered calcar can abut under the inferior margin of the glenoid component and may lead to glenoid rocking and possible loosening.

It is important to keep in mind the very precise relationship of the glenoid articular surface to the tuberosities and rotator cuff insertions so that contracture of the rotator cuff muscles and capsule do not eccentrically load the glenoid. The relationship of this entire complex to the acromion is also critical. The subacromial space should just accommodate the functional rotator cuff and tuberosities.

Offset / Head Provisional

Fig. 24



### **Countersinking the Humeral Component**

If countersinking of the humeral component is desired, assemble the appropriate Stem Collar Counterbore (42° or 48°) using the appropriate size Distal Pilot to match the stem diameter chosen (Fig. 25a). Attach the Straight Driver to the counterbore (Fig. 25b) and make sure the tabs on the Straight Driver and the slots on the counterbore line up. Insert the distal pilot of the counterbore assembly into the humeral canal (Fig. 25c). (Do not use the Angled Driver.) Using the Ratcheting T-handle, counterbore the resected surface of the proximal humerus. The counterbore depth of cut is limited, and the Stem Collar Counterbore will bottom out (Fig. 25d). When removing the counterbore, do not pull up in line with the shaft of the driver. Instead, pull up in line with the axis of the humeral shaft.

Stem Collar Counterbore

Fig. 25a



Straight

#### **Final Humeral Preparation**

Attach the Inserter/Extractor to the Humeral Stem Provisional. Apply the Slaphammer Weight to the Inserter/ Extractor, and repeatedly impact until the Humeral Stem Provisional is removed from the canal (Fig. 27).



Before inserting the final humeral component, drill four or five suture holes through the anterior neck of the proximal humerus. The drill holes should start superior, just anterior to the bicipital groove and proceed inferiorly to the inferior aspect of the neck just in front of the midline. Place heavy number 2 braided nylon sutures with swedged-on needles prior to cementing and/or inserting the implant. Each needle should progress from the outside cortex to the inside so that the same needle is used to place the sutures through the subscapularis tendon. By placing the subscapularis tendon more medially against the neck of the humerus, the tendon is effectively lengthened because it does not have to be placed lateral to the lesser tuberosity.

# Cemented & Press-fit Techniques Intraoperative Assembly

#### **Cemented Technique**

If using a Cement Restrictor Plug, insert a plug one centimeter distal to the tip of the Humeral Stem. The final selection of stem size is a matter of surgeon judgment based on the preferred cementing technique.

Thoroughly clean and dry the canal. Inject cement into the humeral canal. Use a finger to thoroughly pack the cement. Attach the humeral component to the Inserter/Extractor and insert the stem into the canal.

#### **Press-fit Technique**

The Humeral Stem can be press-fit by sizing to the reamed diameter. Attach the humeral component to the Humeral Stem Inserter/Extractor and insert the stem into the canal (Fig. 28).

# Stem Insertion Steps for Cemented & Press-fit Techniques

- 1) Open the Humeral Stem Inserter/ Extractor handle completely.
- (2) Retract the Clamp Arm approximately half way.
- (3) Insert the Distal Tip of the Humeral Stem Inserter/Extractor into the proximal hole on the implant.
- (4) Advance the Clamp Arm into the divot in the center of the taper until it is completely seated within the divot.
- (5) Close the Inserter Handle.



Fig. 29

Insert the two Alignment Rods into the 20-degree and 40-degree holes of the inserter/extractor and check retroversion (Fig. 29). When properly aligned, fully insert the stem into the canal. The Threaded Alignment Rods may be removed. Impact the component with a few light taps of the mallet. When the counterbore has been used, be sure that the collar of the component is seated flush with the cut surface of the humerus (Fig. 30).



seated flush with the cut surface of the humerus.

Note for Cemented Technique: The humeral head may be assembled to the implanted stem only after the cement has been allowed to fully cure.

Remove the Capture Pin and place the Humeral Head Provisional on the humeral stem taper. Perform a trial reduction to check subscapularis tension. The subscapularis, when reinserted, should allow for 30 to 45 degrees of external rotation. However, sometimes with a chronically contracted rotator cuff, this is not possible. If the closure is too tight, a lower profile head may be used. Once the final head size has been selected, remove the Humeral Head Provisional.

Thoroughly clean the humeral stem taper. If using an offset humeral head, attach the offset humeral head component to the Offset Humeral Head Inserter so the single prong is positioned at the "MAX" or previously marked indication (Fig. 30). Make sure protective sleeves are properly in place on the prongs of the Offset Humeral Head Inserter. Insert the final humeral head component so the single prong is at the mark made earlier (Fig. 31). If using a standard head. Assemble the taper by hand. Apply the Humeral Head Pusher to the head and impact it with a mallet (Fig. 32). Make sure that the head is firmly attached. Then reduce the joint and assess stability.



Should a humeral head ever have to be removed, slide the Head Distractor between the collar of the humeral stem and the undersurface of the humeral head (Fig. 33). Firmly tap the end of the instrument to loosen the head. This instrument can be used to remove either provisional heads or implants.

# **Intraoperative Stem** Removal

Should the Trabecular Metal Humeral Stem ever need to be removed during initial implantation surgery, a Slaphammer can be used. Apply the Slaphammer Weight to the inserter/ extractor, and repeatedly impact until the Humeral Stem is removed from the canal (Fig. 34).

Standard Slaphammers may be attached by threading into the proximal end of the humeral inserter/extractor.

Fig. 34

# Closure

After the definitive humeral head and stem prosthesis has been securely implanted, irrigate the wound and retrieve the previously prepared sutures from the anterior neck of the proximal humerus (page 12). Suture the subscapularis tendon inferiorly and repair it progressively to the superior sutures with the arm placed comfortably in 20 degrees to 30 degrees of external rotation. Insert a Hemovac<sup>®</sup> Wound Drainage Device, being careful to avoid the axillary nerve. Close the deltoid and the subcutaneous layers. Then close the skin.

# Postoperative Management

On the first postoperative day, the patient typically begins passive, assisted range of motion. This should include pendulum exercises, assisted forward elevation exercises in the standing and supine positions, and external rotation exercises with a stick in the supine position with the arm slightly abducted. The patient is typically discharged at two to four days postoperative, but should continue exercises as an outpatient with goals of 140-degrees forward elevation and 40-degrees external rotation within two to three weeks. Further range of motion is progressively achieved with stretching exercises. Active exercises are typically started after one to two weeks depending on the pathology. Active internal rotation should be avoided, however, as the subscapularis muscle has been repaired. After six weeks, more resistant strengthening exercises should be started. These exercises should emphasize stretching and balancing the range of motion. Strengthening is a secondary concern that need not be achieved until several months postoperatively.



# **Case Layouts**

## Trabecular Metal Humeral Instrument Set (00-4309-000-00)

Trabecular Metal Humeral Instrument Case (00-4309-095-00)

#### **Top Tray**



- 1 Threaded Alignment Rods (00-4309-009-00)
- 2 Proximal Reamers (00-4309-001-06/18)
- 3 Wrench (00-4301-033-00)
- 4 130mm Distal Trials (00-4309-008/018-13) 170mm Distal Trials (00-4309-008/018-17)
- **5** 48° Counterbore (00-4309-006-00) 6 42° Counterbore (00-4309-005-00) 7 48° Cutting Guide (00-4309-002-00)
- 8 48° Silhouette (00-4309-004-00)
- 9 42° Cutting Guide (00-4309-001-00) 10 42° Silhouette (00-4309-003-00)
- 11 Left Fracture Instruments (00-4309-051-15,18,21)
- 12 Humeral Inserter (00-4309-007-00)
- 13 48° Proximal Trials (00-4309-018-06/18)
- 14 42° Proximal Trials (00-4309-012-06/18)
- **15** Right Fracture Instruments (00-4309-052-15,18,21)



Note: Both of the 6mm Stem Trials are monoblock.

# **Case Layouts**

## **Bigliani-Flatow Humeral Instrument Set (00-4300-000-13)**

Instruments listed below will be used for this Trabecular Metal Humeral Stem Surgical Technique

#### **Top Tray**



- 1 Short Intramedullary Reamers (00-4301-006/008-01)
- 2 Intramedullary Reamers (00-4301-006/016-00)
- **3** Cutting Guide Pins (4 each) (00-5977-056-01)
- 4 T-Handle (for Reamers and Drivers) (00-4301-004-00)
- 5 Humeral Head Cutting Guide (00-4301-001-00)
- 6 Humeral Head Cutting Guide Fingers (2 each) (00-4301-001-09)
- 7 Straight Driver (00-4301-073-00)

- 8 Wrench (00-4301-033-00)
- 9 Offset Head Provisional Set (00-4302-000-12)\*
- **10** Head Distractor (00-8543-001-02)
- **11** Slaphammer (00-6601-004-00)
- 12 Provisional Capture Pins (00-4303-054-00)
- **13** Humeral Head Pusher (00-4301-022-00)
- 14 Offset Humeral Head Inserter (00-4303-075-00)\*
- **15** Grooved Pin Inserter/Extractor (00-9305-030-20)

# Middle Tray



\* Not included in the Bigliani/Flatow Humeral General Instrument Set.

# **Case Layouts**

## Bigliani-Flatow Humeral Instrument Set (00-4300-000-13), cont.

Instruments listed below will be used for this Trabecular Metal Humeral Stem Surgical Technique

#### **Bottom Tray**



15 Standard Head Provisional Set (00-4300-000-17)\*

# Optional Set, Expanded Humeral Head Provisionals Expanded Head Provisional Set (00-4300-000-24)



The following sets are not included in *Bigliani/Flatow* Humeral General Instrument set but can be ordered separately using the following set numbers.

Standard Head Provisional Set (00-4300-000-17) Expanded Head Provisional Set (00-4300-000-24) Offset Head Instrument Set (00-4302-000-11) Offset Head Provisional Set (00-4302-000-12)

\* Not included in the *Bigliani/Flatow* Humeral General Instrument Set.

Contact your Zimmer representative or visit us at www.zimmer.com

