

Contents

PART 1 THE SHOULDER

General Principles

- 1 Patient Positioning, Portal Placement, Normal Arthroscopic Anatomy, and Diagnostic Arthroscopy..... 3
Peter N. Chalmers and Seth L. Sherman
- 2 Rehabilitation of the Athlete's Shoulder 13
W. Ben Kibler, Aaron Sciascia, John McMullen, and Tim Uhl
- 3 Knot-Tying and Suture-Passing Techniques..... 23
Adam M. Smith, Scott J. Deering, and Mary Lloyd Ireland

Surgical Techniques for Shoulder Instability

- 4 Suture Anchor Fixation for Anterior Shoulder Instability 33
Jay B. Cook and Craig R. Bottoni
- 5 Arthroscopic Instability Repair with Knotless Suture Anchors 43
Laith Al-Shihabi, Geoffrey S. Van Thiel, and Brian J. Cole
- 6 Arthroscopic Rotator Interval Capsule Closure..... 53
Rachel M. Frank and Matthew T. Provencher
- 7 Management of the Throwing Shoulder..... 65
John M. Tokish and Jay B. Cook
- 8 Arthroscopic Management of Rare Intra-articular Lesions of the Shoulder..... 77
Felix H. Savoie III, Michael O'Brien, and Wendell Heard
- 9 Arthroscopic Repair of Posterior Shoulder Instability 85
Steven B. Cohen, Sam G. Tejwani, and James P. Bradley
- 10 Arthroscopic Repair of Multidirectional Instability of the Shoulder 97
Matthew Craig and Jon K. Sekiya

- 11 Arthroscopic Treatment of the Disabled Throwing Shoulder..... 109
Matthew T. Boes, James A. Thiel, and Craig D. Morgan
- 12 Open Repair of Anterior Shoulder Instability 133
Michael J. Pagnani
- 13 Open Repair of Posterior Shoulder Instability 145
Patrick M. Birmingham and Mark K. Bowen
- 14 Open Repair of Multidirectional Instability 153
Pradeep Kodali and Gordon Nuber
- 15 Treatment of Combined Bone Defects of Humeral Head and Glenoid: Arthroscopic and Open Techniques 161
Jack G. Skendzel and Jon K. Sekiya
- 16 Treatment of Recurrent Anterior Inferior Instability Associated with Glenoid Bone Loss: Distal Tibial Allograft Reconstruction 175
Robert Waltz, Lance LeClere, and Matthew T. Provencher
- 17 Arthroscopic Remplissage for Management of Engaging and Deep Hill-Sachs Lesions..... 183
Kieran O'Shea and Pascal Boileau
- 18 Coracoid Transfer: The Modified Latarjet Procedure for the Treatment of Recurrent Anterior Inferior Glenohumeral Instability in Patients with Bone Deficiency 191
Patrick J. Denard and Stephen S. Burkhart
- 19 Arthroscopic Latarjet Procedure 203
Laurent Lafosse, Dipit Sahu, and Wade Andrews

Surgical Techniques of the Rotator Cuff

- 20 Arthroscopic Rotator Cuff Repair: Single-Row Technique 215
L. Pearce McCarty III

21 Arthroscopic Rotator Cuff Repair: Double-Row Techniques.....	225	34 Anatomic Acromioclavicular Joint Reconstruction.....	351
<i>Andrew Riff, Adam B. Yanke, Geoffrey S. Van Thiel, and Brian J. Cole</i>		<i>Knut Beitzel, Simone Cerciello, and Augustus D. Mazzocca</i>	
22 Arthroscopic Subscapularis Repair.....	241	35 Management of Pectoralis Major Muscle Injuries.....	359
<i>Lucas R. Wymore, Anthony A. Romeo, and R. Alexander Creighton</i>		<i>Robert M. Coale and Jon K. Sekiya</i>	
23 Mini-Open Rotator Cuff Repair.....	249	36 Nonarthroplasty Options for Glenohumeral Arthritis and Chondrolysis.....	367
<i>Gregory P. Nicholson and James Hammond</i>		<i>Rachel M. Frank, Lucas S. McDonald, and Matthew T. Provencher</i>	
24 Open Rotator Cuff Repair	255	37 Biologics in Rotator Cuff Repair.....	383
<i>John W. Sperling</i>		<i>Salma Chaudhury and Scott A. Rodeo</i>	
25 Tendon Transfers for Rotator Cuff Insufficiency	261	38 Tendon Augmentation Devices in Rotator Cuff Repair.....	391
<i>Jay Boughanem, Tyler Fox, and Laurence D. Higgins</i>		<i>Stephen J. Snyder and Joseph P. Burns</i>	
Other Techniques of the Shoulder			
26 Arthroscopic Repair of Superior Labral Anterior-Posterior Lesions by the Single-Anchor Double-Suture Technique	279		
<i>Joseph P. Burns, Max Tyorkin, and Stephen J. Snyder</i>			
27 Arthroscopic and Open Decompression of the Suprascapular Nerve	287		
<i>Umasuthan Srikumaran, Lewis L. Shi, Jeffrey D. Tompson, Laurence D. Higgins, and Jon J.P. Warner</i>			
28 Arthroscopic Subacromial Decompression and Distal Clavicle Excision.....	295		
<i>Eric J. Strauss and Michael G. Hannon</i>			
29 Arthroscopic Management of Glenohumeral Arthritis	305		
<i>Rachel M. Frank, Geoffrey S. Van Thiel, and Nikhil N. Verma</i>			
30 Arthroscopic Capsular Release for the Treatment of Stiff Shoulder Pathology	315		
<i>Gregory P. Nicholson</i>			
31 Arthroscopic and Open Management of Scapulothoracic Disorders.....	323		
<i>Kevin M. Doulens and John E. Kuhn</i>			
32 Scapulothoracic Fusion.....	333		
<i>James Hammond, Geoffrey S. Van Thiel, Nathan Mall, and Anthony A. Romeo</i>			
33 Biceps Tenodesis: Arthroscopic and Open Techniques	341		
<i>Shane Hanzlik and Michael J. Salata</i>			
PART 2 THE ELBOW			
General Principles			
39 Patient Positioning and Portal Placement.....	403		
<i>Frederick M. Azar and Richard Rainey</i>			
Arthroscopic Procedures			
40 Arthroscopic and Open Management of Osteochondritis Dissecans of the Elbow.....	413		
<i>Nicholas D. Iagulli, Larry D. Field, and Felix H. Savoie III</i>			
41 Arthroscopy for the Thrower's Elbow.....	423		
<i>Michael J. O'Brien and Felix H. Savoie III</i>			
42 Arthroscopic Management of Elbow Stiffness.....	435		
<i>Debdut Biswas, Robert W. Wysocki, and Mark S. Cohen</i>			
43 Elbow Synovitis, Loose Bodies, and Posteromedial Impingement.....	447		
<i>Jamie L. Lynch, Matthew A. Kippe, and Kyle Anderson</i>			
44 Arthroscopic Management of the Arthritic Elbow	457		
<i>Julie E. Adams, Justin P. Strickland, and Scott P. Steinmann</i>			
45 Arthroscopic Treatment of Lateral Epicondylitis.....	467		
<i>Christian Lattermann, Anthony A. Romeo, Brian J. Cole, and D. Jeff Covell</i>			

46	Ulnar Collateral Ligament Repair and Reconstruction	473
	Ulnar Collateral Ligament Repair	
	<i>Champ L. Baker Jr and Champ L. Baker III</i>	
	Docking Technique	
	<i>Christopher C. Dodson, Joshua S. Dines, and David W. Altchek</i>	
	Modified Jobe Technique	
	<i>Andrew J. Blackman and Matthew V. Smith</i>	
	DANE Technique	
	<i>Joshua S. Dines and Neal S. ElAttrache</i>	
47	Surgical Treatment of Posterolateral Instability of the Elbow	499
	<i>Emilie Cheung, Eric Rightmire, and Marc R. Safra</i>	
48	Open Elbow Contracture Release	509
	<i>David Ring and Diego Fernandez</i>	
49	Open Treatment of Lateral and Medial Epicondylitis	519
	<i>Michael W. Kessler and Neal C. Chen</i>	
50	Distal Biceps Repair.....	527
	<i>Peter N. Chalmers, Geoffrey S. Van Thiel, John J. Fernandez, and Nikhil N. Verma</i>	

PART 3 THE KNEE

General Principles

51	Patient Positioning, Portal Placement, and Normal Arthroscopic Anatomy	539
	<i>Robin V. West and Keerat Singh</i>	

Surgical Techniques of the Meniscus

52	Arthroscopic Meniscectomy	545
	<i>David C. Flanigan and Christopher C. Kaeding</i>	
53	Arthroscopic Meniscus Repair: Inside-Out Technique.....	553
	<i>Jeffrey M. Tuman and Mark D. Miller</i>	
54	Arthroscopic Meniscus Repair: Outside-in Technique.....	561
	<i>Marc Korn, Asheesh Bedi, and Answorth A. Allen</i>	
55	Arthroscopic Meniscus Repair: All-Inside Technique	569
	<i>Marc S. Haro, Jeffrey M. Tuman, and David Diduch</i>	

56	Allograft Meniscus Transplantation: Bridge-in-Slot Technique	585
	<i>Andreas A. Gomoll, Jack Farr II, and Brian J. Cole</i>	
57	Allograft Meniscus Transplantation: Dovetail Technique.....	595
	<i>Thomas R. Carter</i>	
58	Arthroscopic Meniscus Transplantation: Bone Plug	605
	<i>Alex Dukas, Michael Pensak, Zachary Stender, and Thomas DeBerardino</i>	
59	Meniscus Substitution: The European Perspective on Scaffolds, Allografts, and Prosthetic Implants.....	615
	<i>Peter C.M. Verdonk, Aad A.M. Dhollander, Thomas Tampere, and René Verdonk</i>	
60	Meniscus Regeneration with Biologic or Synthetic Scaffolds.....	625
	<i>William G. Rodkey</i>	
61	Combined Anterior Cruciate Ligament Reconstruction and Meniscal Allograft Transplantation.....	633
	<i>M. Mustafa Gomberawalla and Jon K. Sekiya</i>	
62	Combined Anterior Cruciate Ligament Reconstruction and High Tibial Osteotomy....	643
	<i>Davide Edoardo Bonasia and Annunziato Amendola</i>	
63	Osteochondral Allografting in the Knee.....	653
	<i>Andreas H. Gomoll, Richard Kang, and Brian J. Cole</i>	

Surgical Techniques of the Articular Cartilage

64	Microfracture Technique in the Knee.....	663
	<i>Kai Mithoefer</i>	
65	Primary Repair of Osteochondritis Dissecans in the Knee.....	671
	<i>Jonathan M. Frank, Geoffrey S. Van Thiel, L. Pearce McCarty III, and Brian J. Cole</i>	
66	Osteonecrosis of the Knee.....	681
	<i>Michael B. Boyd, Simon Görtz, and William D. Bugbee</i>	
67	Osteochondral Autograft for Cartilage Lesions of the Knee.....	691
	<i>Kenneth G. Swan Jr, R. David Rabalais, and Eric McCarty</i>	

- 68** Complex Problems in Knee Articular Cartilage..... 703
Rachel M. Frank, Jaskarndip Chahal, Geoffrey S. Van Thiel, and Brian J. Cole
- 69** Autologous Chondrocyte Implantation in the Knee..... 721
Scott D. Gillogly and Andrew Gelven
- 70** High Tibial Osteotomy 733
Mark McConkey, Sami Abdulmassih, and Annunziato Amendola
- 71** Distal Femoral Osteotomy 741
Sami Abdulmassih, Mark McConkey, and Annunziato Amendola
- Surgical Techniques of the Anterior Cruciate Ligament**
- 72** Patellar Tendon Autograft for Anterior Cruciate Ligament Reconstruction..... 755
Aman Dhawan and Charles A. Bush-Joseph
- 73** Allografts for Anterior Cruciate Ligament Reconstruction 767
Michael Walsh and Asheesh Bedi
- 74** Hamstring Tendon Autograft for Anterior Cruciate Ligament Reconstruction..... 785
Keith Lawhorn and Stephen M. Howell
- 75** Central Quadriceps Free Tendon Harvest for Anterior Cruciate Ligament Reconstruction 795
John P. Fulkerson
- 76** Revision Anterior Cruciate Ligament Reconstruction 799
Geoffrey S. Van Thiel, Brian Forsythe, Adam B. Yanke, and Bernard R. Bach Jr
- 77** Anatomic Anterior Cruciate Ligament Concept: Single- and Double-Bundle Anterior Cruciate Ligament Reconstruction 813
Paulo H. Araujo, Kellie K. Middleton, Gof Tantisricharoenkun, and Freddie H. Fu
- 78** Double-Bundle Anterior Cruciate Ligament Reconstruction 827
Patrick A. Smith
- 79** All-Inside Anterior Cruciate Ligament GraftLink Technique: Second-Generation, No-Incision Anterior Cruciate Ligament Reconstruction 841
James H. Lubowitz, Christopher S. Ahmad, and Kyle Anderson

Surgical Techniques of the Posterior Cruciate Ligament and Posterolateral Corner

- 80** Transtibial Tunnel Posterior Cruciate Ligament Reconstruction 853
Gregory C. Fanelli
- 81** Arthroscopic Double-Bundle Tibial Inlay Posterior Cruciate Ligament Reconstruction 861
Alexander E. Weber and Jon K. Sekiya
- 82** Posterior Cruciate Ligament Tibial Inlay 871
Anjan P. Kaushik and Mark D. Miller
- 83** Arthroscopic Posterior Cruciate Ligament Inlay..... 881
Fabrizio Margheritini and Pier Paolo Mariani
- 84** Posterolateral Corner Reconstruction..... 887
Bryan A. Warne and Warren R. Kadrmas
- Other Surgical Techniques of the Knee**
- 85** Medial Collateral Ligament and Posteromedial Corner Repair and Reconstruction 895
John E. McDonald and Robert F. LaPrade
- 86** Multiligament Knee Reconstruction: The Pittsburgh Approach 903
Karl F. Bowman Jr, Rodrigo Salim, and Christopher D. Harner
- 87** Arthroscopic Lateral Retinacular Release and Lateral Retinacular Lengthening..... 917
Jack Farr II, Christian Lattermann, and D. Jeff Covell
- 88** Medial Patellofemoral Ligament Reconstruction and Repair for Patellar Instability 925
Emmanuel N. Menga and Andrew J. Cosgarea
- 89** Sulcus Deepening Trochleoplasty 935
Paulo R.F. Saggin, Paolo Ferrua, and David Dejour
- 90** Management of Arthrofibrosis of the Knee.... 943
K. Donald Shelbourne and Heather Freeman
- 91** Distal Realignment for Patellofemoral Disease..... 951
Jack Farr II, Christian Lattermann, and D. Jeff Covell
- 92** Management of Proximal Tibiofibular Instability 965
Nate Kopydlowski and Jon K. Sekiya

VIDEO CONTENTS

Videos are available at the *Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine* collection online at www.expertconsult.com.

- 3-1 Shoulder Arthroscopic Knot-Tying
- 6-1 Rotator Interval Closure After Bankart Repair
- 6-2 Rotator Interval Suture Passing
- 10-1 Arthroscopic Management of Multidirectional Instability of the Shoulder
- 11-1 Management of a Classic Acquired Anterior Rotator Interval Lesion in a 15-Year-Old Pitcher
- 12-1 Open Repair of Anterior Shoulder Instability
- 15-1 Reconstruction of Hill-Sachs Lesions with Humeral Head Allograft
- 15-2 Arthroscopic and Open Glenoid Allograft Reconstruction for Shoulder Instability
- 17-1 Arthroscopic Hill-Sachs Remplissage
- 21-1 Scorpion Suture Passer
- 21-2 Four-Suture Bridge Construct with Cruciate Configuration
- 21-3 Six-Suture Bridge Construct for Massive Tears
- 26-1 Superior Labral Anterior-Posterior Repair
- 38-1 Simple Arthroscopic Reconstruction of a Massive Chronic Rotator Cuff Repair Using Acellular Human Dermal Matrix
- 46-1 Ulnar Collateral Ligament Reconstruction Using the DANE Technique
- 58-1 Arthroscopic Meniscus Transplantation
- 61-1 Allograft Preparation
- 61-2 Meniscal Site Preparation
- 61-3 Meniscal Allograft Fixation
- 61-4 Anterior Cruciate Ligament Tunnel Preparation and Graft Passage
- 65-1 Primary Repair of Osteochondritis Dissecans
- 78-1 All-Inside Double-Bundle Allograft Anterior Cruciate Ligament Reconstruction
- 79-1 All-Inside Anterior Cruciate Ligament GraftLink Technique: Second-Generation, No-Incision ACL Reconstruction
- 81-1 Arthroscopic Double-Bundle Tibial Inlay Posterior Cruciate Ligament Reconstruction
- 92-1 Joint Reconstruction to Repair Proximal Tibiofibular Joint Instability
- 92-2 Fusion for Treatment of Arthritis in Tibiofibular Joint Instability