

Mary Lloyd Ireland MD – Professor

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0:00

Through the Arthroscope and Camera: 35 Years of Practice

October 16, 2019

33rd Annual Grice Day Boston, MA

0:33

Menu

0:50

Shriner's Parade Boston 1984 Fellowship

1:32

Mentors

2:30

Lyle J. Micheli, MD

2:50

-Encyclopedia of Sports Medicine

-The Adolescent Athlete: A Practical Approach

-The Pediatric and Adolescent Knee

-The Sports Medicine Bible for Young Athletes

-Numerous issues of Clinics in Sports Medicine

4:56

1984 Triathlons became popular. Survey?

5:55

Boston Ballet

7:05

Calcaneal Apophysitis

Soccer #1 Sport

7:55

Boston Marathon

8:22

View Through the Lens: Reflections

8:44

View from the Sideline

9:32

University of Kentucky Sideline View 1985–1996

10:08

DSLRs to iPhones

10:38

Beginnings of Arthroscopy – East & West

WWII 1939–1945 – Stopped Advances

12:04

Arthroscopes and Shavers 35 Years Ago

12:43

ACL MCL Repair Left Knee

iPhone 11 Pro

13:38

Thomas Edison Kinetograph Patent Kinescope or Peep-Hole Viewer

1891

Auguste and Louis Lumière Cinematograph Patent

1895

First Film Makers

14:24

Soccer

Auguste and Louis Lumière

15:28

Medical Director, WUSASun Wen, FIFA player of the year

Billie Jean King,

15:57

Acrobats

Auguste and Louis Lumière

17:28

ACSM Lyle Micheli MD

18:53

Ben Wilson Presents at ACSM 2016

Boston Children's Fellow

19:17

Rathbone Breakfast 2019

– Past ACSM President

20:06

Bag Race

Auguste and Louis Lumière

21:01

ACL Reconstructions

– 70s to Early 80s:

– Mid-80s to Mid-90s:

– Mid-90s:

22:43

Capsular Ligament Injuries

– Pre-1975:

Capsular repairs, cut out the ACL

– Evolution to reconstruct ACL

– 2000:

Diagnose AMRI and PLRI

– PCL injuries reconstruct if associated with medial or lateral injuries

23:53

Concept of Rotatory Instability, Not Cruciate-Deficient Knee

– Dr. Jack Hughston's

24:28

extraarticular to intraarticular anatomic reconstruction . . .

20 years Ago Arthroscopic View: Debridement of Arthrofibrosis

25:28

Failed Goretex ACLR

25:58

HT0 The Hughston Clinic way 1970-80s

26:33

Prior to 1985

Extraarticular reconstructions

Shoulder

Subscapularis transfer, Coracoid transfer, Capsular shifts

Knee

IT band tendodeses, Pes anserine transfer

Ankle

Peroneus brevis transfers

After 1985

Anatomic repairs/reconstructions

27:23

2 mo. later: arthroscopy

28:13

Knee "pack-years"

29:18

John Feagin

40 years ago

-Repair does not work

Martha Murray MD

2019 BEAR works in humans. 2 year follow up

30:28

Clinical Trials at Boston Children's

-Suturing enhanced with collagen and platelet rich plasma (PRP)

-Strength similar to that of ACLR at early time points

-Additional testing needed before clinical trial can be considered

30:53

Shoulder Pain in a Thrower Biceps Tendon / Labrum

- Prior to 1980s, biceps tendinitis

- 1990s: SLAP lesion

- 2005: SLAP lesion

Biceps tendon - leave alone, Tenodesis soft tissue, Tenodesis to bone,

Tenotomy

32:18

Biceps Glenoid Labrum Complex

- Pre-1985

Tenodesis,

- Now 62 years later:

Biceps is still a pain generator

32:58

2000 Advances in Biceps Treatment?

-Repair no SLAPs over age 40

-Tenodesis open or arthroscopic

-Tenotomy

- SLAP

33:34

Shoulder Instability

Extraarticular techniques

- Tendon transfers

- Coracoid transfer

Intraarticular techniques

- Capsular shifts

- Latarjet procedure

Combined intraarticular/extraarticular

Bankart ASB: Recurrent or habitual dislocation of the

shoulder-joint. Br Med J: 2;1132, 1923.
Manual of Sports Surgery, New York, 1987, Springer-Verlag.
33:18
Bristol Procedure-Coracoid Transfer
35:23
Rotator Cuff Repair
- Diagnosis:
- Treatment:
36:29
Beware of New Products
37:24
Charles Dickens
37:43
Hip Pain in Athletes - Groin
- Prior to 1985:
• Most common dx was: Adductor strain
- 1985 to 1990: inguinal hernia
- 1990 to present: athletic pubalgia
• Rectus abdominus insertional
fibrocartilaginous plate injury Adductor longus, brevis avulsion
Differential Diagnosis
38:20
Hip Pain in Athletes - Femoroacetabular Impingement
- Pincer type
• Acetabular side, Labral tear • Smith Peterson
38:56
Foot/Ankle: Posterior impingement and Haglund's syndrome
- Prone arthroscopy
- Ballet dancers
- Os trigonum excision
- FHL tenosynovectomy
- Haglund syndrome
• Subacromial view of the foot•
39:42
Youth Elbow: Baseball Pitcher
- Little Leaguer's Elbow
Adams, 1964
40:40
12 YO boy
- Little Leaguer injured while pitching 5 months prior
Case courtesy of Dr. Adam Smith
42:18
BB Bullet Appearance to medial epicondyle fracture
42:48
14 YO Pitcher, medial elbow pain
43:13
Conclusion: 13 YO "Big Pitcher" Syndrome
43:42
Be an Advocate
44:48

Advocacy A0SSM

45:52

Seth Leopold MD

46:33

Sports Medicine Clarity Act

47:18

Young athletes:

48:22

<https://safesport.org>

49:02

www.ue.org

49:58

Take this Test

www.edurisksolutions.org/learn-to-protect-children/

@ukawhi

50:39

Sports Medicine Specialists for Youth

50:58

CHANGE, CONTROL

CHARACTER

Embrace Change

51:44

The End...