

Presented by:
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0:00 Introduction

0:37 Knots

1:12 "Knot-Tying and Suture-Passing Techniques,"

1:41 Suture Passage: Tissue Penetrators

- Directly grasp the suture through the tissue
- Antegrade or Retrograde technique
- Get the ideal angle for suture passage
- Be careful with manipulating the instruments to avoid damage to labrum or articular cartilage

2:25 Varying Angles of the Bird Beak Instrument

2:54 Suture Passage Relay Technique

- Cannulated needle devices pass through the tissue
- The suture lasso is retrieved through a working portal
- Grasp the lasso and suture in one pass
- Use clear plastic cannulas
- Pass the suture in through the lasso
- If simple suture, tie now; if mattress suture, pass next limb, then tie

3:53 Suture Lasso Device Picture

4:47 Knot-Tying Video

7:11 Half-Hitches

8:00 Nicky's Knot

10:12 SMC Knot

11:22 Duncan Loop

12:36 Knot Pushing Basics
Throwing Half Hitches

13:12 Knot Pushing Basic Demonstration

13:36 Non-Sliding Knot

15:18 Flipping Posts

17:13 Past Pointing

17:41 Grinner Knot & Needle Knot

18:22 Knot Types

- Non-Sliding
- Use if the knot will not slide
- Series of half-hitches, loop limb is tied around the post
- Alternate loop and post limbs
- Change direction of suture throws to increase knot security

19:16 Knot Types (cont)

- Sliding
- Use if the knot will slide
- Have an internal locking mechanism providing increased loop security while tying
- Locking mechanism one-way ratchet effect, or self-locking effect
- Categorized depending on location of wrapping limb relative to the surgeon
- Proximal – closer to the surgeon (Nicky's knot)
- Middle – (Tennessee Slider, Samsung Medical Center)
- Distal – (Weston, Roeder, Duncan)

20:20 Weston Knot

21:38 SMC Knot

23:40 Duncan Loop
Sliding Non-Locking Knot

25:06 Secrets to Success:

- Practice, practice, practice!!
- Respect the sutures; they WILL tangle

25:43 The End . . .Thank You!