

Presented by:
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619 PT1 Keys to a Complete Diagnostic Shoulder Exam Portholes and Setup

0:00 Introduction

0:33 Oriented?

3:15 Beach Chair Portal Locations and Bony Landmarks

5:27 I like Lateral Decubitus, Dr. Andrews Trained

7:44 Thank you Dr. Esch for your passion and teaching us shoulder arthroscopy

8:35 Dr. Esch Video

10:47 5 cadavers Lateral Decubitus Position

- Portals
- Posterior
- Posterior Lateral
- Anterior
- Anterior Superior
- 5 O Clock
- Portal of Wilmington

All NV Structures > 20mm away
from portals Portals Outside In Unlikely
to Produce Neurologic Injury Cephalic Vein
at Risk 5 o'clock portal Outside In Right Angle
of Approach to do the Intraarticular Procedures

12:25 Always do EUA

13:15 OR Setup Lateral Decubitus move anesthesia out of the way

13:54 Make sure instruments you need are on your table.
Create home court advantage.

16:49 Keys to Success

- Proper Portal Placement
- Adjust your portals Based on
- Size of Patient
- Work to be Done

- Use outside in Needle Localization
- Systematically View all Intraarticular
- Structures
- First Through Posterior Portal

17:29 Outside In Needle Localization. Angle and Portal Location Based on What You Have to Fix

18:03 Posterior and Anterior Central Portal are most used

19:02 Thank You!

619 PT2 Keys to a Complete Diagnostic Shoulder Exam Normal Diagnostic Shoulder Arthroscopy

0:00 Introduction

0:34 Left Shoulder Arthroscopy Video

4:37 Subscapularis & Biceps
Rotator Interval

7:03 Anterior Ligaments Subscapularis

7:20 Biceps Tendon Left Shoulder

7:58 Left Shoulder Anterior Scope Posterior Video

10:20 Thank You!

619 PT3 Keys to a Complete Diagnostic Shoulder Exam Arthroscopic Cases Training and Conclusions

0:00 Introduction

0:33 SLAP Tear Buford Complex Video

2:21 Instability and SLAP Repairs:
Start Anterior Inferior, Tie as you go, Do SLAP last

3:27 Make Working Portals Away from Each Other and At Different Angles

4:15 Rotator Cuff Portals

- Adjust portal based on pattern/location of tear
- Trans Rotator Cuff Portal
- Portal of Wilmington: 1cm Anterior and Lateral to PL Edge of Acromion (Morgan)

5:27 Lateral Deltoid Portal – Scope Posterior
•Think Perpendicular Orientation

•Dead Man's Angle for Anchor Insertion

6:15 70° Advantages

RC Repairs:

- Subscapularis
- Supraspinatus

Anterior Instability:

- Medial Viewing
- Ant 2nd Portal

7:11 Synovitis, partial subscap tear, normal biceps tendon

Don't miss subscapularis tears

May need 70 scope Can be difficult to see at footprint/insertion

7:41 Shoulder OPAT(Objective Practical Assessment Tool) Identification of Surface Markings Video

9:07 United Kingdom – OPAT Shoulder

- 145 Orthopaedic Residents
- 5 Training Regions
- Inter-rater reliability = .60
- Intra-rater reliability = .82
- 82% of residents agree OPAT useful tool
- 72% of residents agree should introduce into residency
- OPAT can be used with other assessment tools for training/evaluation of residents

9:55 Utilize Internet Resources Video

10:51 Beware of new drugs, implants and devices which seem to be too good to be true.

12:18 Know the History of Shoulder Surgery

What Has Worked and Complications, Avoid Metal Implants in Shoulder Arthroscopy

14:36 1986 Arthroscopy Removal Loose Body Subscapularis Recess

Hiding place hasn't changed, Scope picture quality has!

15:20 What hasn't changed is anatomy. . .

Know the anatomy, open and arthroscopic.

16:15 Historical Giants in Shoulder Arthroscopy (Caspari, Andrews, Johnson, Esch)

18:25 Inside out portal straight shot

19:06 You are now a fellow! Enjoy your societies.

19:49 Thank You!