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# SURGICAL TECHNIQUES OF THE SHOULDER, ELBOW, AND KNEE IN SPORTS MEDICINE

edition 2







ELSEVIER SAUNDERS BRIAN J. COLE JON K. SEKIYA

#### SECOND EDITION

# Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine

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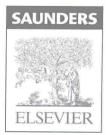
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### **Preface**

We are excited to present the second edition of Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine. As educators, our most formidable challenge is to teach proper decision making and the techniques required to succeed in the operating room setting. As students, we are continuously pressured to compress the learning experience outside the operating room into efficient and digestible bits of information. We all recognize the importance of having access to accurate, timely, and concise tools to supplement our knowledge base. The emergence of digital content has positively influenced our access to up-to-date information. Simply "reading" about surgical procedures seems somewhat at odds with "doing" a series of steps that require dexterity and skill. More important, the act of physical repetition is what seems to propel us along the typically steep learning curve, especially when it involves the arthroscope.

The second edition of Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine was developed with these principles in mind. The principal objective of this textbook was to maximize its value by being thorough in the breadth of open and arthroscopic procedures covered, yet remaining concise in specific content. Authors have uniformly adhered to a template that we believe will optimize an efficient learning experience that is visually consistent, simple, and descriptive. To this end, each chapter is crafted with a brief introduction, a thumbnail of only the most relevant preoperative and postoperative considerations, a thorough and visually supported step-by-step explicit description of the procedure, and a table with the most up-to-date results related to that specific procedure. Simply stated, it is exactly what you need to know before entering the operating room.

It is nearly impossible to cover every joint in a single-volume textbook. While the term "sports medicine" has broad-reaching connotations, the vast majority of the conditions faced by the orthopedic surgeon who practices sports medicine and arthroscopy involve the shoulder, elbow, and knee. Thus, Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine intentionally limits the number of joints to those most commonly seen and treated, but covers them comprehensively without exception. This edition is bigger and better, with more chapters and newer, updated information. Most important, the content is provided by authors who have largely developed and popularized the procedures discussed.

Part 1, "The Shoulder," covers the general technical aspects of shoulder arthroscopy, including patient positioning, portal placement, rehabilitation of the shoulder, and specific steps required to pass sutures and tie knots. Because so many different techniques are performed to address the same pathology, we include 16 chapters describing surgical techniques for shoulder instability, including arthroscopic and open management of bone lesions of the glenoid and humeral head. Similarly, the management of rotator cuff pathology is addressed by no less than six chapters, including single-row, doublerow, and mini-open techniques, and the role of tendon transfers. Finally, this section is complemented by chapters that address the treatment of the most common entities, including SLAP tears and instability, scapulothoracic disorders, and glenohumeral arthritis. Part 1 is a stand-alone compendium of the treatment of virtually every clinical problem seen by the shoulder surgeon.

Part 2, "The Elbow," is also comprehensive in that it includes the requisite steps required to perform elbow arthroscopy, such as patient positioning, portal placement, and a review of normal arthroscopic anatomy. In addition to providing excellent chapters on the most common conditions that are treated arthroscopically (e.g., osteochondritis dissecans, stiffness, synovitis, impingement, arthritis, and lateral epicondylitis), this part also contains an entire section on the most important open elbow procedures. Surgeons who treat athletes with ulnar and lateral collateral ligament disruption. elbow stiffness, instability of the elbow, biceps tendon tears, and epicondylitis will recognize that the section on open procedures of the elbow is thorough and completely up-to-date with surgical principles and techniques.

Part 3, "The Knee," is another virtual compendium that includes the complete management of any kneerelated pathology. For example, management of meniscus-related issues has led to the development of multiple techniques to excise, repair, and replace the meniscal-deficient knee. Twelve chapters thoroughly review all these techniques. Articular cartilage, the subject of stand-alone textbooks, is completely covered with the management of virtually every problem that involves cartilage short of arthroplasty. Eight chapters address every cartilage repair procedure in addition to realignment osteotomy. One of the most exciting sections is the management of the anterior and posterior cruciate ligaments. This section includes single- and double-bundle as well as inlay techniques written by the

surgeons who have popularized these procedures. Finally, management of the multi-ligament-injured knee, arthrofibrosis, and patellofemoral joint completes a text that leaves the reader with little need to turn to any other resource.

Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine is the product of almost 3 years of hard work by its contributors. These authors are frequently asked to further the education of others, yet never seem to wane in their enthusiasm and completeness. It is an honor to work with the contributors of this textbook, and the readers will appreciate the highly edited and consistent style that completely eliminates the noise of unnecessary information.

We would like to also thank our families, who once again have created an environment where a labor of love can result in something invaluable for our students and, more importantly, for our patients. Specifically, Dr. Cole would like to thank Emily, Ethan, Adam, and Ava for their willingness to occasionally forego a late-night story so Daddy can stay awake to edit these chapters. Dr. Sekiya would like to thank his parents, Fred and Pat Sekiya, and wife, Jennie, for their never-ending support and understanding, and their sons, Kimo and Koa. We would like to thank our co-editors for helping complete the final details of this task, Dr. Geoffrey S. Van Thiel and Dr. Jack G. Skendzel. Finally, we would thank the many people at Elsevier, including Don Scholz, Ann Ruzycka Anderson, and Carrie Stetz, for governing the entire process until the book was released. So, read the text and prepare to challenge your mentors. Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine will allow you to do just that.

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