

Knee Arthroscopy

How to Succeed

Olivier Courage

Simon Bertiaux

Pierre-Emmanuel Papin

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Foreword

This book is dedicated to the sports-related surgery of the knee and describes in a very precise way the techniques recommended and used by Olivier Courage.

Dr. Courage is a very experienced surgeon who details the techniques he has been using for the last 30 years in terms of practicing surgery focused on a specific domain: ligamentous and meniscal surgery of the knee.

It is a real treatise in which the surgical technique is described step by step, allowing the reader to easily reproduce the surgical act.

The style is direct, reflecting the author's personality, and the illustrations answer the questions of surgeons who are not used to these techniques. On the other hand, experienced surgeons will find the details helpful in optimizing the progress of the procedure.

The numerous photos added to the book allow an effortless understanding of the steps of the procedure.

In addition, the objective set by the author sharing his experience and tricks with others is well achieved.

Finally, if we adopt this aphorism of Otto von Bismarck "*Fools learn from experience. I prefer to learn from the experience of others.*" then we should carefully read this book and in detail that is far rewarding and original.

Caluire-et-Cuire, Lyon, France

Philippe Neyret

Preface

It has been 40 years since this art has taken off, and since then the numerous and various surgical techniques in knee arthroscopy have been well structured and explained in many reference books.

So, is this the umpteenth book that you have between your hands?

Well, NO! Here, like in the previous edition devoted to shoulder arthroscopy, the value of this book lies not in its exhaustiveness but rather in its pedagogical aspect.

It is the “Swiss knife” of the “arthroscopist” in the making, a must-have to his library.

We all started once with our loads of groping and hesitation. No one is born a master of arthroscope, even if the performance of certain actions done by an experienced physician may give, to the young generations, a false impression of their simplicity.

How can we pass these fundamentals to the vast majority of young generations in order to acquire a fine and precise surgical ability and help them avoid the errors that marked out our first knee arthroscopies?

The companionship, this active teaching approach from a master to an apprentice, of knowledge and experience gained over time, constitutes the gold standard of surgical teaching and should remain so. The objective of this collection is to get closer to this approach coming directly from one’s knowledge in order to make it accessible to all, even to those who are outside the walls of the operating room.

Le Havre, France
Le Havre, France
Montfermeil, France
Le Havre, France

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Acknowledgments

I have always been questioned about the source of my urge to teach. The answer is so simple: in 1987, I have met Bruno Locker, who, as a young resident then, helped me escape from my timidity and guided me in my arthroscopic gestures.

In conventional surgery, I have to thank Pr. Vielpeau with whom I had a perfect internship, and I feel like I have to pass to others this gift of mine.

Contrary to the first book *How to succeed a shoulder arthroscopy?* this one is a fruit of teamwork.

I am grateful to Dr. Simon Bertiaux, my colleague, who, with his new cruciate ligaments reconstruction techniques, has brought an innovative ligamentous surgery technique, allowing new dynamism and an ambulatory management to his patients. He was one of my residents, 10 years ago, and now assumes the role of a teacher. This chain of active transmission is extremely pleasant to live on a daily basis.

I also thank Pierre Emmanuel Papin, who was a resident during the writing of this book. He helped and motivated me to finish the book within the time limit with his knowledge in the photography world. He is a proof of importance of true companionship, evolution of the internship, and notably what young residents can offer to their senior teachers.

In addition, I would like to express my gratitude to all the residents who, since 2008, were formed in the “Havre Arthroscopy Surgery School” or the HASS! This association helps us reunite every year in a relaxed atmosphere to discuss newer techniques, indications, difficult cases, etc. I have to admit that this is a source of great joy for all of us and especially for me to see them evolve. The smiles on this photo tell us a lot about the reigning atmosphere!

Appreciation is also due to the operating team, the brave girls, who maintain a high technical level with that sense of humor!

Heartfelt thanks to Eden Escargooo who, thanks to his talent, adds a fun aspect to this book.

Thank you for reading the book till the end.

We invite you to visit our clinic “Hôpital Privé de l’Estuaire,” where all the team awaits you.

Well, that is it folks!

Contents

1	The Basics: Patient’s Positioning, Different Portals of the Knee	1
1.1	Patient Positioning	1
1.2	The Different Portals	1
1.3	The Exploration	4
2	Meniscal Sutures: All-Inside, Out-In, and Posterior Horn Reinsertion.	13
2.1	Overview	13
2.1.1	The Abrasion	13
2.1.2	The All-Inside Suture.	13
2.1.3	Out-In Technique	16
3	The Hamstring Graft: ACL Reconstruction with Quadruple Bundle Gracilis and Semitendinosus Tendons	23
3.1	Overview	23
3.2	Hamstring Tendons Graft Harvesting: Anterior Approach	23
3.3	Femoral Tunnel: First Part	25
3.4	Tibial Tunnel	30
3.5	Femoral Tunnel: Second Part.	30
3.6	Ascent, Tension Adjustment, and Transplant Fixation	31
4	Quadruple Hamstring Graft: Single Four-Strand Semitendinosus Tendon	39
4.1	Overview	39
4.2	Semitendinosus Tendon Harvesting Using the Posterior Popliteal Fossa Approach.	39
4.3	Graft Preparation	40
4.4	Femoral Tunnel, Out-In Technique	43
4.5	Tibial Tunnel	47
4.6	The Ascent, the Tension Adjustment, and Graft Fixation	48
5	BTB Graft Technique: ACL Reconstruction Using the Patellar Tendon	51
5.1	Overview	51
5.2	Patellar Tendon Harvesting	51
5.3	Preparing the Femoral Intercondylar Fossa.	53
5.4	Tibial Tunnel	54
5.5	Femoral Tunnel	55

5.6	Ascent, Tension Adjustment, and Transplant Fixation	56
5.7	Closure	59
6	Lateral Tenodesis: Extra-articular Reconstruction with the Fascia Lata Using a Modified Christel-Djian Technique . . .	61
6.1	Overview	61
6.2	Harvesting	61
6.3	Fixation	61
7	The Posterior Cruciate Ligament: PCL Reconstruction Using the Semitendinosus.	65
7.1	Overview	65
7.2	The Single Four-Strand Semitendinosus Tendon Harvesting . .	65
7.3	Graft Preparation	65
7.4	A Complete Tunnel Using the Image Intensifier	65
7.5	Femoral Tunnels In-Out	67
7.6	Ascent, Tension Adjustment, and Transplant Fixation	68
8	The MPFL: Double Bundle Reconstruction Using the Gracilis with Femoral and Tibial Rigid Fixations	73
8.1	Overview	73
8.2	Patient Positioning	73
8.3	Gracilis Tendon Harvesting and Length Verification.	73
8.4	Preoperative Skin Marking at the Fixation Sites	73
8.5	Patellar Tunnel Fixation with Screws	75
8.6	Femoral Fixation with a Screw in a Complete Tunnel.	75
Annex A:	Learning on the Simulator	79
Annex B:	Graft Preparation During a Quadruple Stranded Semitendinosus Technique	83