ARTHROSCOPIC ALL INSIDE REPAIR OF POSTERIOR ROOT TEAR OF MEDIAL MENISCUS USING FAST-FIX THROUGH ACCESSORY MEDIAL PORTAL

SANG SOO EUN

WOORIDUL SPINE HOSPITAL, SEOUL, SOUTH KOREA
I have no financial conflicts to disclose
Authors found that FasT-Fix (Smith & Nephew Endoscopy, Andover, Massachusetts, USA) is an easy, fast, and effective method to repair PRTMM.
An accessory medial portal was formed approximately 1.5 to 2 cm medial to the anteromedial portal.

The incision was located superior to the meniscus to avoid damage.
The FasT-Fix was prepared for a 14-mm depth using a penetration limiter.
If the remnant root was large enough, the root was punctured. If remnant root was small, medial sheath of PCL was punctured.
The location of the popliteal artery was checked on the preoperative axial MRI scan for safety.

Knee flexed

More vulnerable in medial meniscus repair.
METHOD

From April 2014 to August 2016, 34 patients (33 females and 1 male; mean age, 63.2 years) Lysholm score 3, 6, and 12 months were obtained
The mean operative time was 40 minutes (Concomitant microfracture was performed in 12 patients with chondral defects)

The mean preoperative varus deformity angle was 3.8° (range: 0-9)

No patients required arthroplasty conversion surgery.
PRE OP

POST OP
1 YEAR MRI

healing
2ND LOOK
ARTHROSCOPY

Pre-op

Post-op

2nd look
2 year; Healed tear
Arthroscopic all inside repair of PRTMM using FasT-Fix through an accessory medial portal is a fast and easy alternative technique and showed successful clinical outcomes at the 1-year follow-up.
REFERENCE

