Top 10 Tips to avoid Complications

What have I learned so far?

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- Educational Support: Arthrex, Storz.
- Boards:
  - SLARD. Past President.
  - Arthroscopy Journal. JBOT.
  - ISAKOS Exc. Committee.
Tip # 2  Patient education.

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Tip # 3  Patient Position for Arthroscopic Surgery

- Instability: Lateral Decubitus
- Cuff and Anterior Shoulder: Beach Chair

Instability: Lateral Decubitus

Right Shoulder
Cuff and Anterior Shoulder: Beach Chair.

Tip # 4: Anesthesia / Blood Pressure / Pump

Tip # 5: Bone loss

NIRS: Cerebral Oximetry. Customized pump pressure
Critical Bone Loss
Systematic Reviews

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• mm of Glenoid bone loss.
• Dislocation episodes.
• mm or Times

Tip # 6
It is NOT a labrum repair

It is NOT a labrum repair. Go for capsulolabral plication and reconstructions.

Tip # 7
Grey Zone: Postero-Inferior anchor and Remplissage

There is NOT a One Size fits All!
Latarjet is NOT perfect.

• Open
• 12 % fibrous union.
• 6 % no union.
• Recurrence 5 %.
• Subluxations 13 %.
• Postoperative residual pain
• 34 %.
• Arthritis: 18,5 %.
Tip # 8  The Biceps is a Winner!!

- Develop your surgical skills for different biceps tenodesis.
- The weak link is the Tendon.

Tip # 9  The SUBS is always needed.

Reduction with a proximal anchor and grab the coma...

Tip # 10  Stay connected with ISAKOS

Journals and Videos

Thank you!! Have a Great Day in Shangai!!

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