

2019 ARTHREX TECHNOLOGY SYMPOSIUM

Helping Surgeons Treat Their Patients Better™



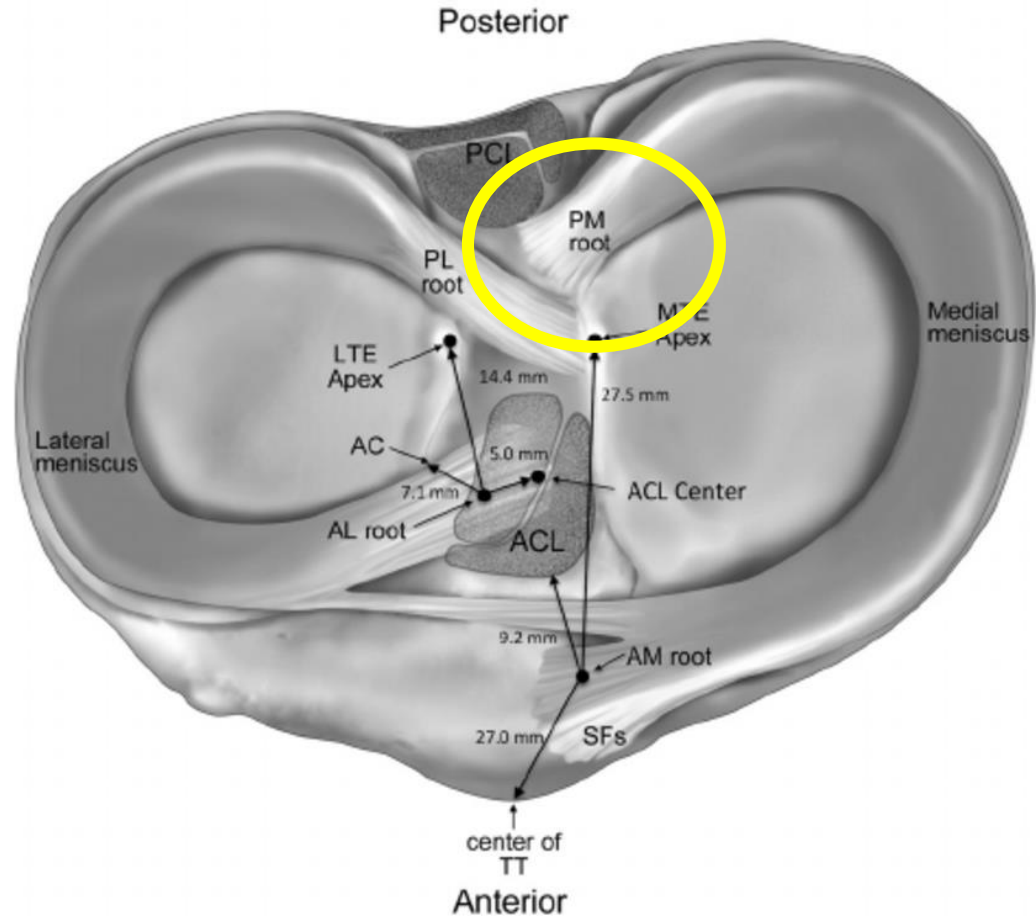
Meniscal Root Repair - Technique and Pearls

Dr. Steven Claes, MD, PhD – AZ Herentals - Belgium

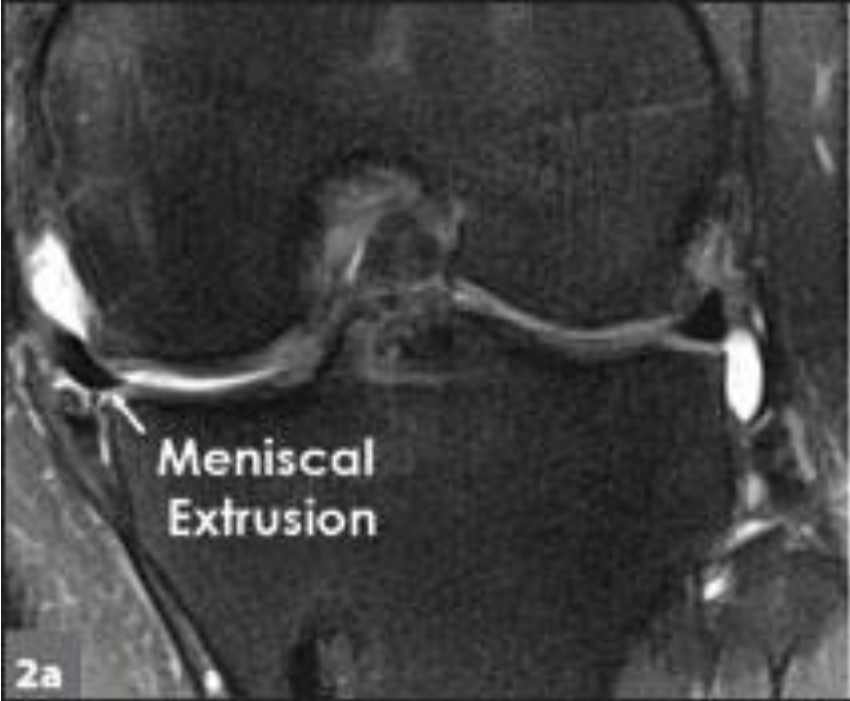
21-22nd November 2019, Dubai, UAE

Meniscal root injuries

- Meniscal root = bony connection of meniscus with tibia
- Lateral/medial anterior/posterior roots
- Small tears with huge impact: whole meniscus becomes afunctional
- Often no history of major knee trauma
- Posterior medial root injuries are “**silent killers**” leading to accelerated OA



Meniscal root injuries: diagnosis



Meniscal root repair: why and when?

- Until recently, most PMRs were treated with a “classic” meniscus tear + conservative management

Meniscus Root Repair vs Meniscectomy **CME** or Nonoperative Management to Prevent Knee Osteoarthritis After Medial Meniscus Root Tears

Clinical and Economic Effectiveness

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Aaron J. Krych,^{||} MD, Peter R. Kurzweil,[¶] MD, Abigail M. Garner,[‡] MS, Shan Liu,[‡] PhD,
Robert F. LaPrade,[§] MD, PhD, and Jan B. Pietzsch,[‡] PhD
Investigation performed at Centers for Advanced Orthopaedics, Washington, DC, USA, and
Wing Tech Inc, Menlo Park, California, USA

Faucet et al. 2019

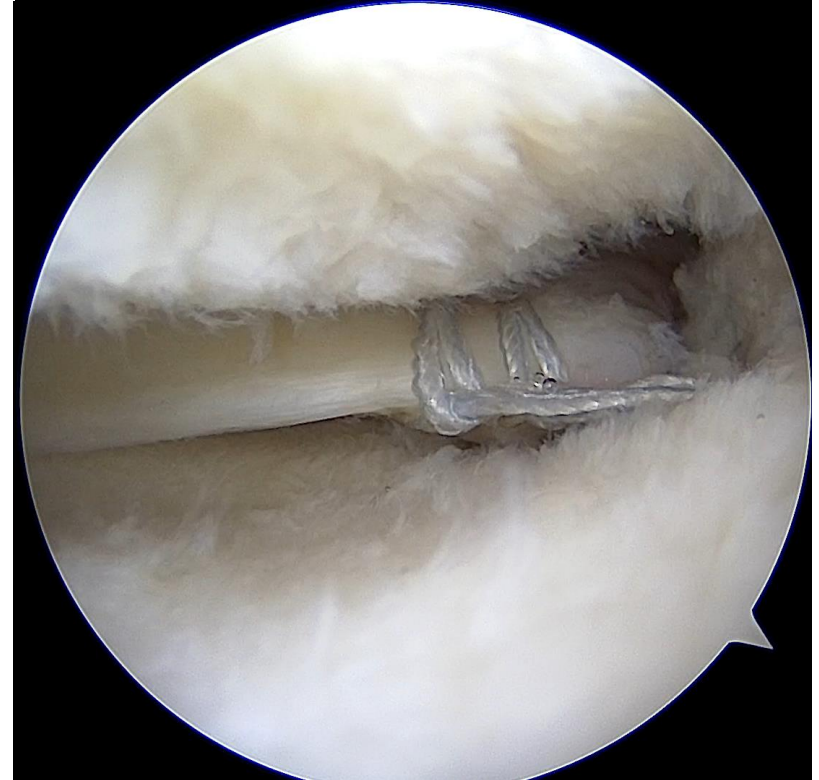
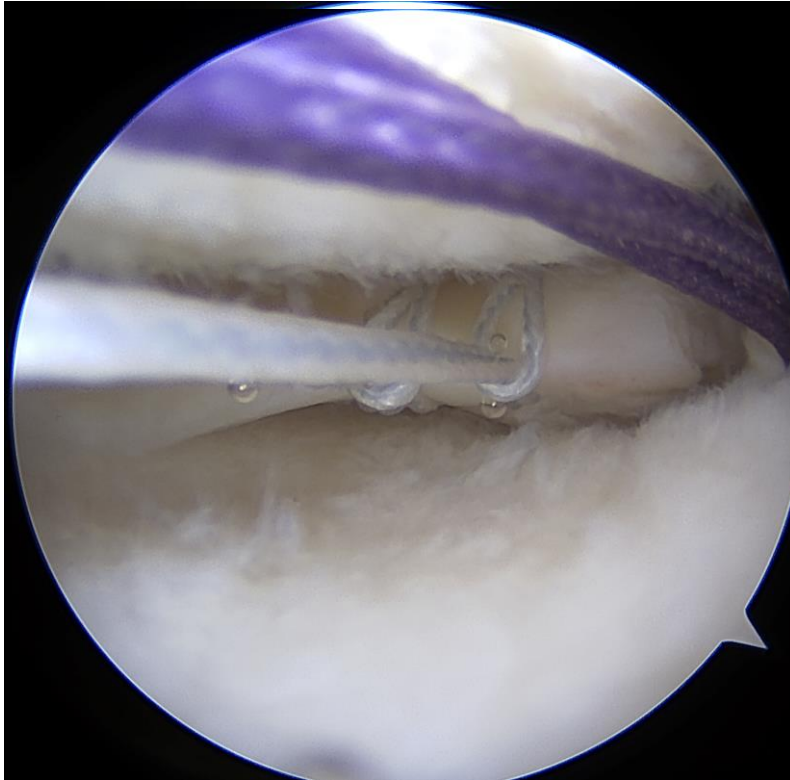
Root repair technique

- “Fix the root as close as possible to its original bony insertion”
- For the medial meniscus: **1 cm posterior to medial spine**
- **Standard** arthroscopy set-up (vs ramp repair)
- **Instruments are key!**
 - A PassPort Cannula
 - Knee Scorpion Suture Passer
 - Meniscal Root Marking Hook





Meniscal root repair case



Suggested wet lab procedure

- Make portals and place PassPort cannula
- Make the root injury with a small biter
- Drill the tunnel and 5mm deep socket with the use of the guide and 6mm Flipcutter
- Whip stitch the meniscus with 2x Fiberwire #0
- Fix the sutures with Swivelock 4.75mm on the anterior aspect of proximal tibia

Good Luck!

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