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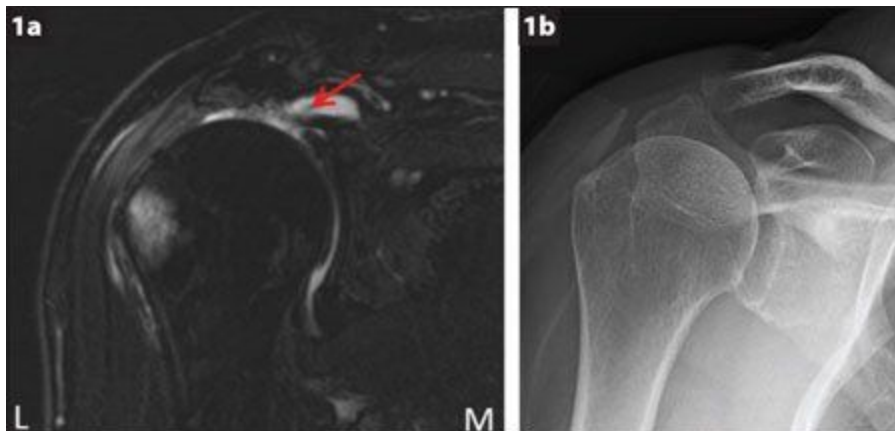
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Superior Capsule Reconstruction Notes w/ Dr. Justin Mitchell

Case: 54 M referred by PCP due to R shoulder pain, tried PT, injections, no help. MRI shows large tear.

MRI

- Massive irreparable RTC tear involving posterosuperior rotator cuff



Tx Options for massive RTC tear

- Debridement, partial rotator cuff repair, patch augmented RCR, bridging rotator cuff reconstruction w/ graft, lat dorsi tendon transfer, superior capsule reconstruction.
- If joint space narrowing w/ RTC arthropathy or in case of irreparable subscap >> R TSA

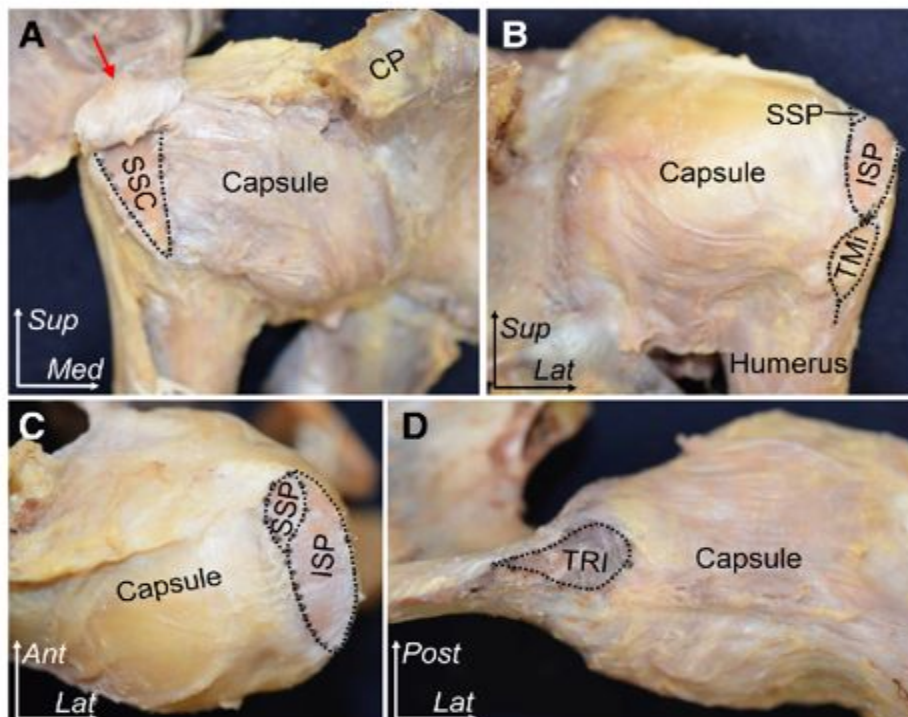
SCR indications/ Patient selection

- Symptomatic large irreparable RTC tear
- Intact / repairable subscap
- Intact deltoid/ trapezius

- Minimal GH arthritis

Anatomy

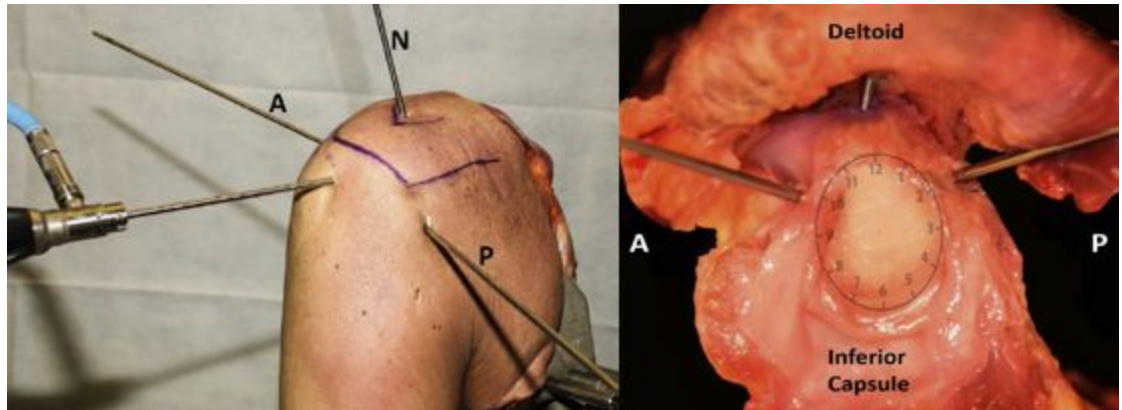
- Capsule- important static stabilizer of GH joint
- Anterior + Posterior capsule provides anterior/posterior stability
- Superior capsule attaches to large area of GT> its often torn w/ posterosuperior RTC tears
- Superior capsular defects inc GH translation in all directions, esp at 5 & 30 deg of abduction
 - Recon of sup capsule w/ collagen graft attached medially to superior glenoid + laterally to GT> restored superior translation in cadaver model



Technique

- Diagnostic arthroscopy
- Debride to stable tissues
- Graft choice? Fascia lata v allograft (less donor site morbidity w/ allograft)
- Biceps - tenotomy or tenodesis
- Labrum- Debride or leave

- Glenoid fixation- screw in anchors may be stronger



- Humerus fixation- 4 anchor double row transosseous equivalent

Post-op

- Limited protected PROM w/ abduction sling
- A + AAROM at 6 weeks
- Strengthening at 8 weeks
- Rehab goals > improve motion, prevent scarring, improve glenohumeral + scapulothoracic biomechanics

Resources:

Gupta AK, Hug K, Berkoff DJ, et al. Dermal tissue allograft for the repair of massive irreparable rotator cuff tears. *Am J Sports Med* 2012;40:141-147.

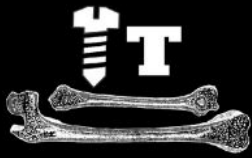
Mihata T, McGarry MH, Pirolo JM, Kinoshita M, Lee TQ. Superior capsular reconstruction to restore superior stability in irreparable rotator cuff tears: A biomechanical cadaveric study. *Am J Sports Med* 2012;38:369-374.

Arthroscopic Superior Capsule Reconstruction for Irreparable Rotator Cuff Tears



Maximilian Petri, M.D., Joshua A. Greenspoon, B.Sc., and Peter J. Millett, M.D., M.Sc.

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