Shoulder Arthroscopy

Olivier Courage

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How to Succeed!

With Forewords by Stephen S. Burkhart

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Foreword

It is my distinct honor and privilege to write the Foreword for Dr. Olivier Courage's book, "Shoulder Arthroscopy: How to Succeed!"

This book is a refreshing addition to the growing list of shoulder arthroscopy texts. But you should know that this book is not like all the others.

I have always thought that the ideal surgical textbook would be one that is clear, concise, and fun to read. Dr. Courage has admirably accomplished all three of these goals with his wonderful book.

Too many surgical textbooks are dull and boring and vague. Looking back to my time in training as an orthopedic resident, I would always try to read about our surgical cases the night before surgery, and oftentimes after reading the surgical techniques in textbooks, I would still not clearly understand how to do the surgery! I recognized at that time the importance of putting technical tips and tricks into a surgical technique description. Yet very few textbooks incorporate technical tips.

However, Dr. Courage not only describes multiple tips and tricks; he has richly illustrated his text with crisp surgical photographs and images that enhance the description of the procedures and principles that he demonstrates.

I have known Oliver Courage for many years, and I have appreciated his talents as a skilled arthroscopic surgeon, a talented educator, and a thought leader in shoulder arthroscopy. His well-deserved election as president of the French Arthroscopy Society is testimony to his leadership skills. Now Dr. Courage demonstrates his expertise in another area, as author of this very engaging book.

Congratulations to my friend Oliver Courage on a job well done!

San Antonio, TX, USA

Stephen S. Burkhart, MD
July 26, 2015

Foreword

Shoulder arthroscopy is a relatively new and continually evolving surgical technique. It adapts to the different pathologies of the shoulder. It encompasses many therapeutic procedures. It is a technique that requires a long and rigorous learning. Arthroscopic surgery has the particularity that a surgeon does not have to look at their hands, but instead they watch a screen where they see two-dimensional procedures performed three-dimensionally.

Olivier Courage is a particularly experienced shoulder surgeon. He has developed techniques that are specific to him. It is natural that he should want both young people in traineeships and experienced surgeons to benefit from his experience.

Transmission of knowledge is an integral part of a doctor's duties.

Transmission of knowledge is important, but so is its sharing. This is the role of medical publications. It is the companionship that allows the youngest to benefit from the mistakes and successes of the oldest—and for them to do the same later for other young people.

Each surgeon uses (sometimes without even knowing it) technical devices that simplify surgical procedures or facilitate their implementation.

Olivier Courage has taken the time and distance necessary to analyze these procedures, which he has accumulated over his surgical career.

I have learned a great deal from reading his book.

His peers have recognized Olivier Courage as a quality teacher and have elected him president of the *Société Française d'Arthroscopie* [French Society of Arthroscopy].

Olivier Courage has been able to express his principal techniques for facilitating the surgical procedure using simple terms and with a quality illustration. This is where we can see his pedagogical qualities. Everyone will find something to learn in this book whatever their age, whatever their career path.

Boulogne, France

Professor Philippe Hardy

Preface

A skillful boat maneuver is often a narrowly averted disaster. It's the same for shoulder arthroscopy. You should learn to be wary of that which looks simple. This guide is not a technical book; it is a help on how to get yourself out of tricky situations. When we base ourselves on experience, we can reduce the risk of getting into a bad situation.

To make reading more enjoyable, this guide is presented with numerous photos while drawing a parallel with other situations to drive the message home. Some quotes and proverbs are used; they take on their meaning when they are put to the test.

To complete the maritime parallel, bad weather reveals good sailors. It is these situations that allow the fundamentals to emerge. We must quickly develop those saving reflexes. In these cases, the brain needs simple drawers it can open. This is what I have tried to do in this guide.

Happy reading.

Contents

1	Being in the Right Conditions	1
1.1	Avoiding Steam	1
1.2	Properly Entering the Shoulder	2
1.3	Avoiding Blood	4
2	Being Properly Installed	9
2.1	Installing the Patient	9
2.2	The Surgeon's Ergonomy	9
3	Basic Essentials	17
3.1	Stable Image	17
3.2	Straight Image	17
3.3	Finding Your Instruments	18
4	Exploring the Shoulder	25
4.1	The Glenohumeral	25
4.2	The Subacromial Space	28
5	Tips for the Key Surgeries	39
5.1	Before the Surgical Arthroscopy	39
5.2	The Rotator Cuff	41
5.3	The Subscapularis	64
5.4	The Biceps	69
5.5	Instability and the Arthroscopic Bankart	78
6	Less Frequent Surgeries	91
6.1	The Acromioclavicular	91
6.2	The Subscapularis Nerve	94
7	How to Evolve Your Techniques	97
7.1	Analyze Your Mistakes, Travel, and Create	97
	Conclusion	105

Videos

- Video 1: Foundations of shoulder arthroscopy
- Video 2: Small tear of the rotator cuff, simplified double row
- Video 3: Intermediate tear, speed single bridge
- Video 4: Intermediate tear, speed bridge
- Video 5: Rotator cuff, how to manage an ear
- Video 6: Large tear of the rotator cuff
- Video 7: Repair of the subscapularis
- Video 8: Biceps tenodesis
- Video 9: Bankart and lateral recumbency

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