

## *Arthroscopic Meniscal Suture*

### *indications*

- Tears in “red-red” and “red-white” zones



## *Arthroscopic Meniscal Suture*

### *material and methods*

- 1986 to 1992: 45 meniscal sutures with outside-in technique
- Difficulties to perform the suture at the posterior horn level:
  - access is difficult
  - important neuro-vascular structures
  - posterior articular capsule is more redundant
  - the fixation together with the capsule, restricting movements and causing pain

## *Arthroscopic Meniscal Suture*

### *material and method*

In order to solve the difficulties we developed a personal meniscal suture technique for the posterior horn injuries:

### ***“Double-Loop Technique”***



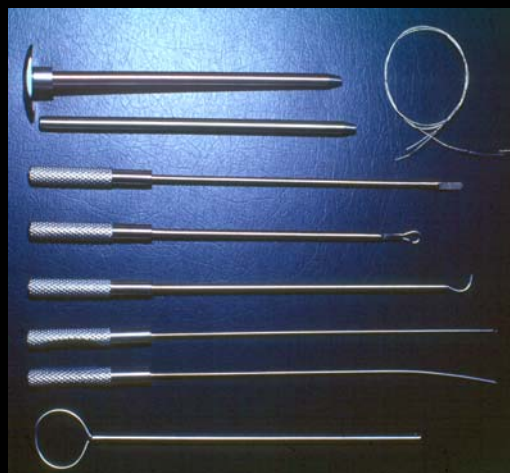
February 1997 • Volume 13 • Number 1

*Jaime Wageck      Paulo Rockett*

## *Arthroscopic Meniscal Suture*

### *double-loop - instrumental*

- Flexible double-loop
- Hook for tread capture
- 90° hook needle
- Straight needle 16
- Curved needle
- Knot pusher



## *Arthroscopic Meniscal Suture*

---

### *double-loop technique – all inside*

- Flexible double loop allows the suture in the posterior horn from the anterior to the posterior portal
- Knots are all inside, fixed only in the meniscus

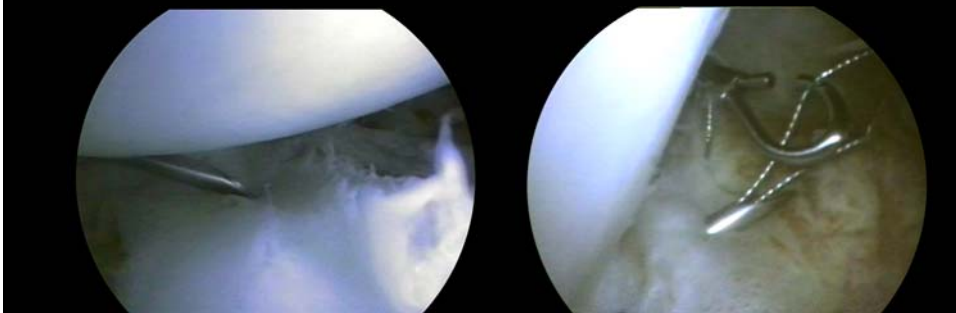


## *Arthroscopic Meniscal Suture*

---

### *double-loop technique – all inside*

- A needle is passed from the area of the longitudinal rupture
- A flexible double loop is introduced for capture and passage of the suture threads



## *Arthroscopic Meniscal Suture*

---

### *double-loop technique – all inside*

- Repeat the movement with a new double loop to perform a knot (located at the posterior zone without contact with the articular surface)
- The surgeon may choose the suture thread



## *Arthroscopic Meniscal Suture*

---

### *double-loop technique – all inside posterior horn*



## *Arthroscopic Meniscal Suture*

---

### *double-loop technique – outside-in*

- Lesions in the body of the meniscus: modified Outside-in technique using the same instruments



Debridement

## *Arthroscopic Meniscal Suture*

---

### *double-loop technique – all inside anterior horn*



## *Arthroscopic Meniscal Suture*

---

### *rehabilitation protocols*

- Early **motion** (increase the collagen repair)
- Full **weight bearing** with brace for 3 weeks (increase speed healing)
- Swimming and bicycling after 2 months
- **Pivoting sports** after 6 months

## *Arthroscopic Meniscal Suture*

---

### *material and method*

- 56 meniscus repair with anterior instability and characteristic posterior peripheral longitudinal tear
- 21 acute cases (37.5%)
- 35 chronic cases (62.5%)
- Average age: 22 years old (13 to 39)
- Absorbable threads in 44 sutures (78.5%)
- Nonabsorbable threads in 12 sutures (21.4%)

## Arthroscopic Meniscal Suture

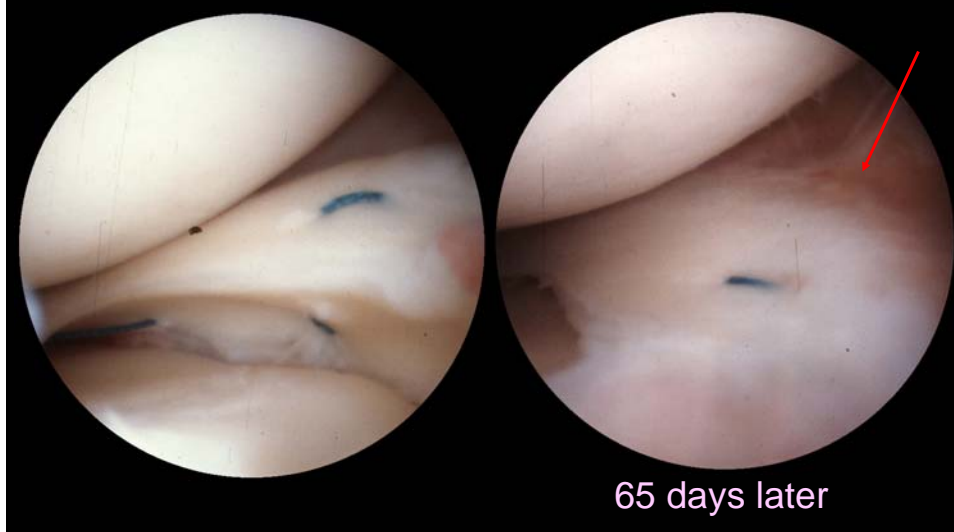
### results

- Any complication related to the meniscal repair
- In 9 cases it was possible to confirm the healing in a second-look arthroscopy



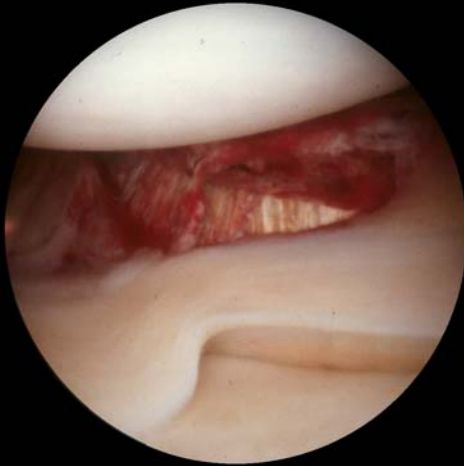
## Arthroscopic Meniscal Suture

### results



## Arthroscopic Meniscal Suture

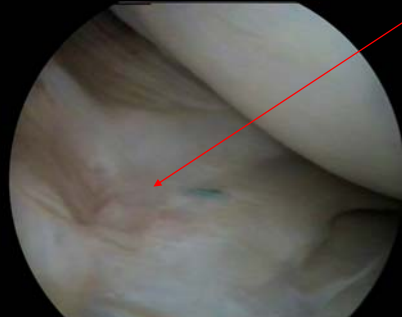
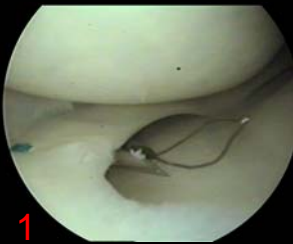
results



60 days later

## Arthroscopic Meniscal Suture

results



5 months later

## Arthroscopic Meniscal Suture

