

Arthroscopic double row rotator cuff repair

VIMS-PK and VIMS-LRT



Step 1

Through your lateral portal, grab the cuff using tissue grasper and reduce it to its lateral footprint. Note the area where the cuff is pulled laterally.



Step 3

Establish a superior lateral portal just lateral to the lateral border of the acromion. This portal will be used to introduce your medial row VIMS-PK ligament anchors.



Step 2

Create a bleeding bed on the superior surface of the greater tubercle using a rasp, shaver or burr.



Step 4

Introduce the punch for VIMS-PK anchor into the shoulder through the superior lateral portal. The punch is advanced in the superior humerus just lateral to the humeral cartilage. The punch is advanced up to the 1st laser mark. Punch bath your anterior and posterior or medial sockets. Note: For hard bone, use the Punch/Tap for VIMS-PK anchor to create the pilot hole.



Step 5

Introduce the 1st VIMS-PK Ligament anchor through the superior lateral portal. Insert the tip of the VIMS-PK Ligament anchor into the prepared anterior medial socket. Screw the VIMS-PK Ligament anchor clockwise until the horizontal laser mark on the inserter shaft is flush with the bone surface.



Step 7

Beginning anteriorly, retrieve sutures individually and pass in a horizontal mattress fashion using a reusable suture passer across the entire breadth of the tear. After each pass, sutures are retrieved and brought out through the anterior portal.



Step 6

Unload the sutures from the inserter and remove inserter by just twisting/pulling back.



Step 8

Insert the next medial row VIMS-PK anchor in the posterior medial socket. Repeat the rest of steps 5 to 7.



Step 9

Beginning posteriorly, the mattress sutures are then tied individually using arthroscopic knot tying techniques as per surgeon preference.



Step 11

Load the 4 limbs of suture in to the eyelet VIMS-LRT anchor. Slide the anchor down the suture limbs in to the joint on the posterior lateral aspect of the lateral tubercle, where you would like the footprint of the (supraspinatus) to end. Pull each strand of the suture to tension the strands.



Step 10

Pull each colored suture limb from the posterior medial anchor and each colored suture from the anterior medial anchor through the lateral portal.



Knock the anchor in until the body of the anchor body touches the cortical bone. Turn the dial at the back of the anchor into clockwise direction until the anchor is just below the cortical bone. Release the holding sutures at the back of the anchor and takeout the inserter. Cut the suture limbs off using suture cutter

Tip - Leave the holding sutures in place if to repair a possible dogear.



Step 12

Retrieve the remaining suture limbs from the anterior portal out the lateral portal. Repeat Step 11.



