



8th Advanced Course on Knee Surgery



POSTERIOR surgical open approach of the knee?

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Introduction



Pièce of cake : posterior arthroscopic approach of the knee



Pr Matt OLLIVIER

Introduction

Physicians in orthopaedic surgical training are not often exposed to the practical use of surgical dissection around the posterior corners and popliteal area of the knee.

Surgical indications include ligament repair or reconstruction around the posteromedial or posterolateral aspect of the knee, inside-out meniscal repair, posterior cruciate ligament tibial inlay reconstruction, and Baker's cyst excision

What do we need to do

- PCL reconstruction surgery
- Post Spine PCL fracture
- Post tibial plateau fracture
- Loose-body
- Arthrolysis - extension contracture
- Medial meniscal repair
- Lateral meniscal repair/ graft

Open

+/-

+ à ++
++

-

+++

+ (horiz)

+

Arthroscopy

+++

+
+/-

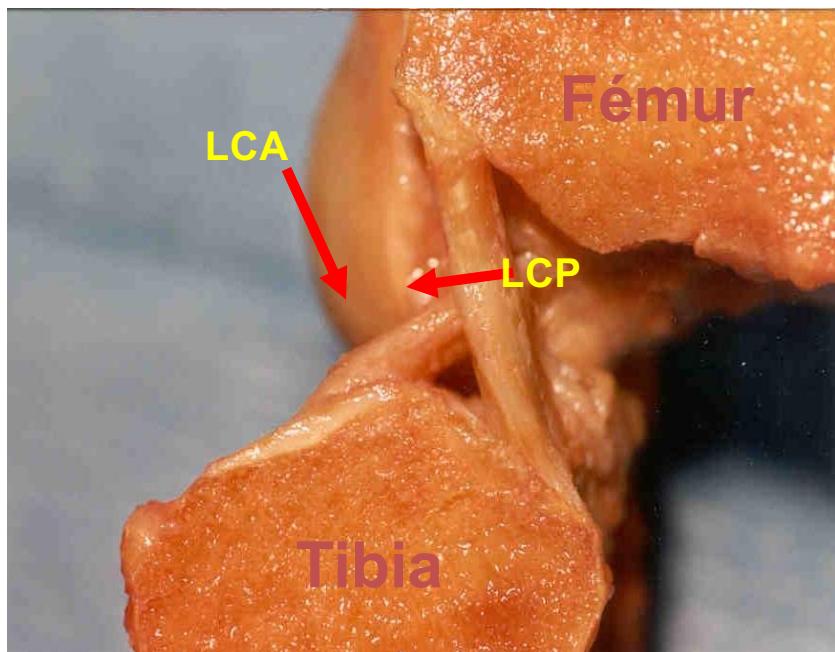
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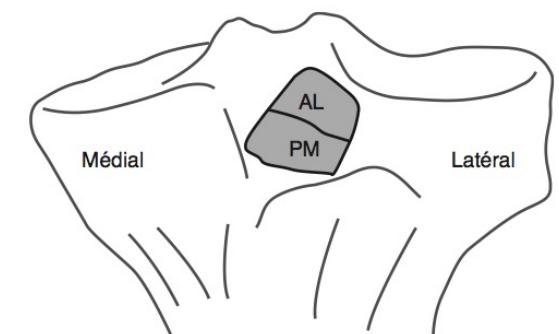
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PCL access : tibial insertion



PCL bony avlsion:
Posterior spine fixation

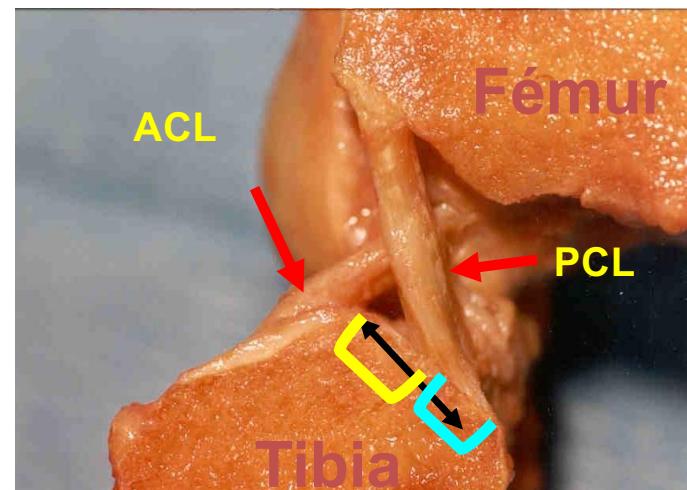
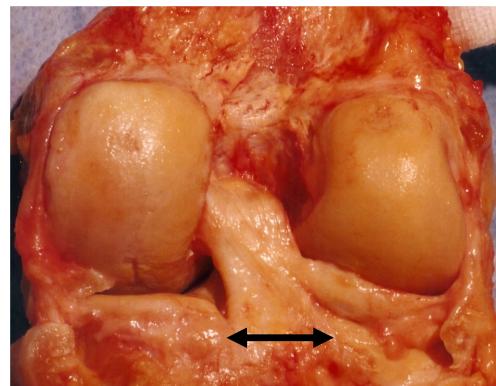
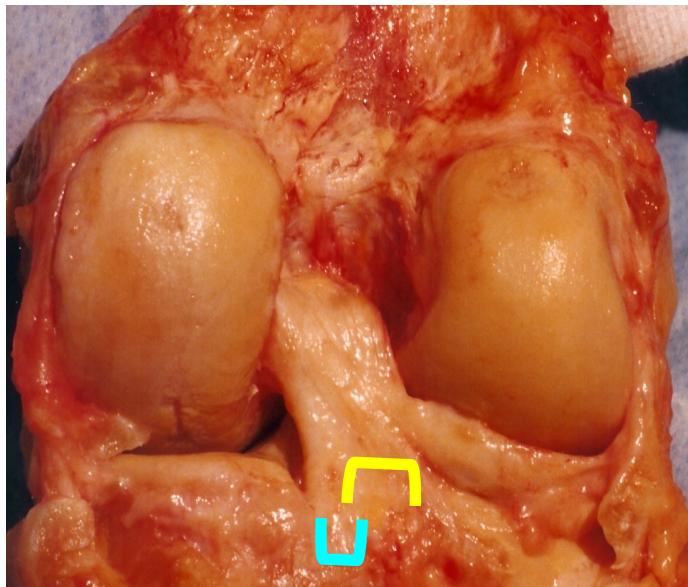


PCL reconstruction :
Tibial INLAY technique



PCL access : tibial insertion

Ant. ext. fibers → ant
Post. Int. fibers post



PCL access : tibial insertion

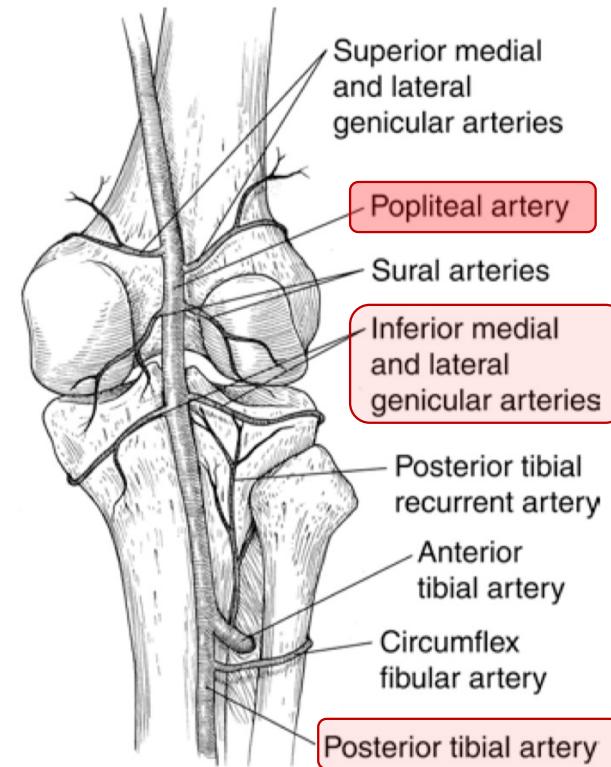
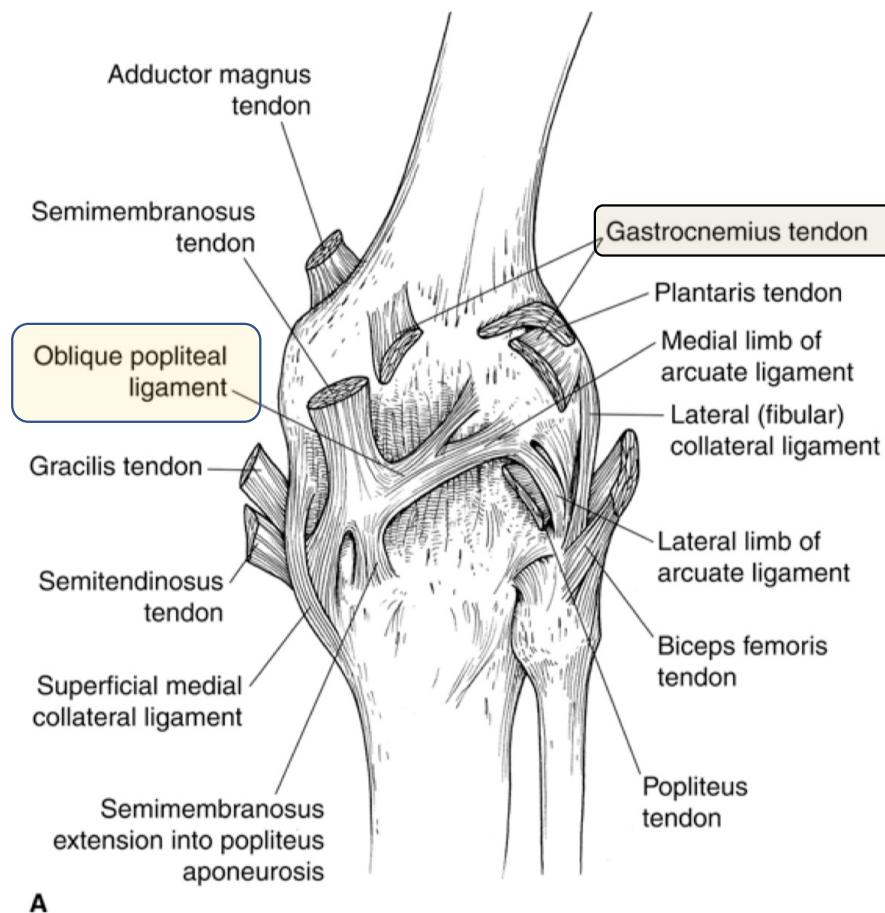
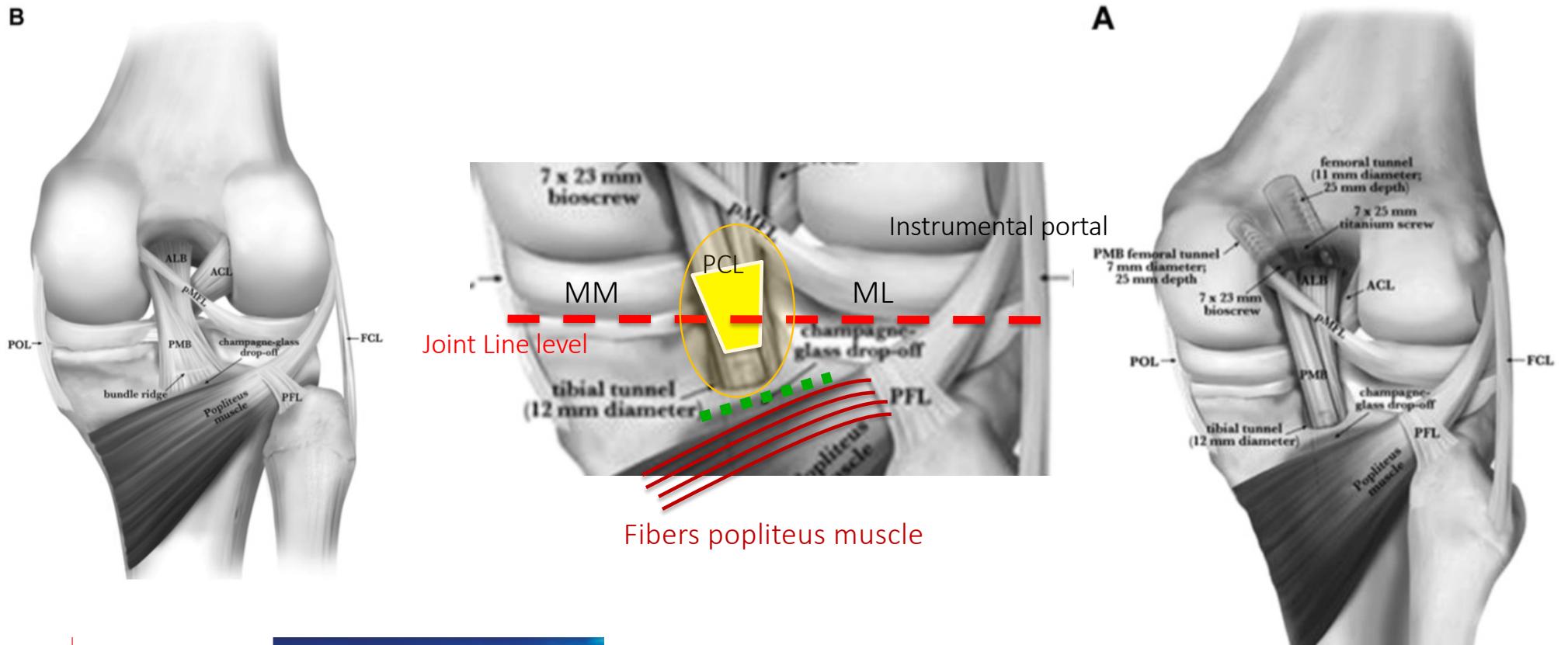
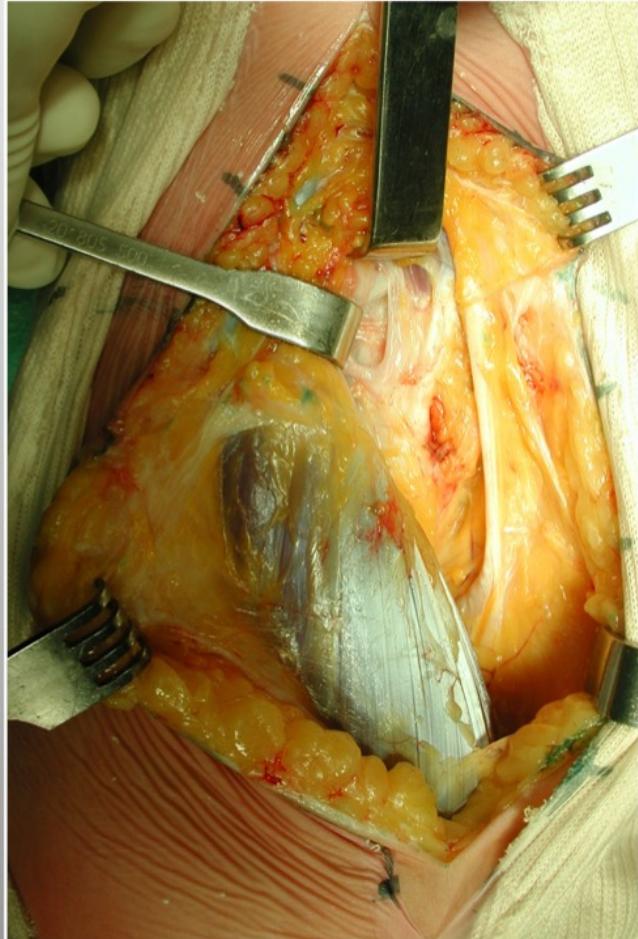


Figure 2 Arterial anatomy in the popliteal space.

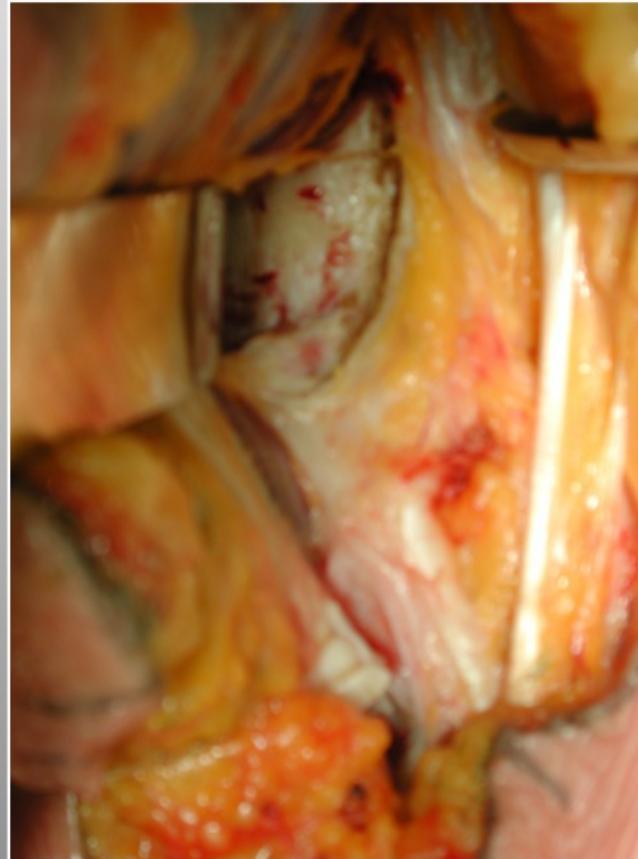
Posterior approaches : landmarks

Sup^R : Joint-line & cartilage & MF-Lig Wrisberg
Inf^R : Capsule and Popl.muscle fibers
Med-Lat : retrospinal fossea of the tibia





Left knee



Trickey approach

TECHNIQUE

Minimal Invasive Posterior Approach to the Knee

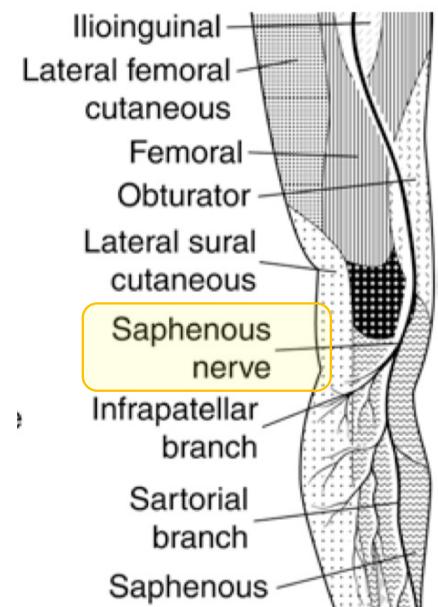
Roger Badet, MD



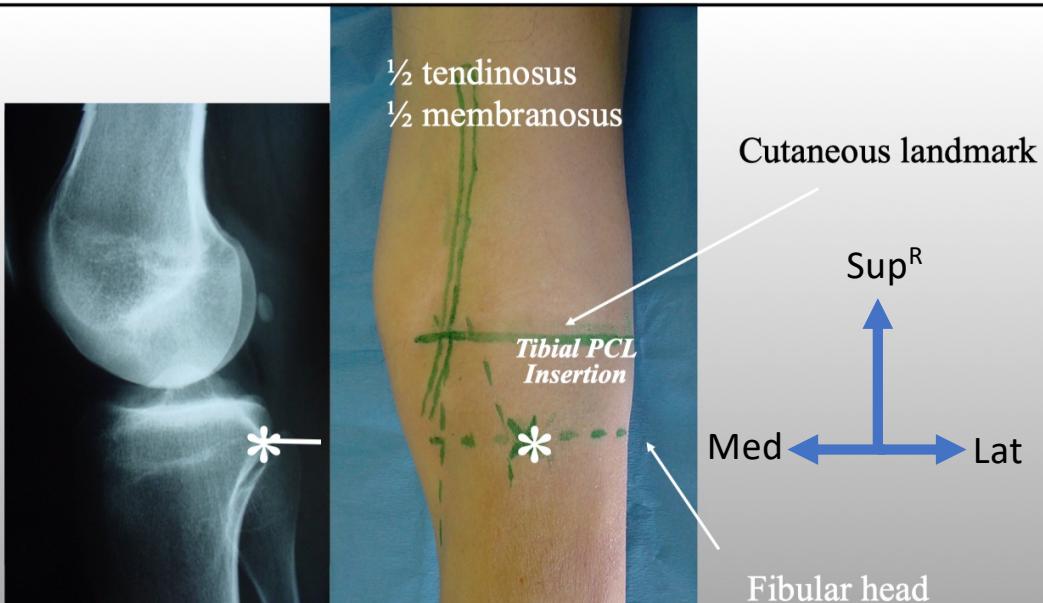
Peter CM Verdonk, MD, PhD



Philippe Neyret, MD



Right knee , prone position, posterior access

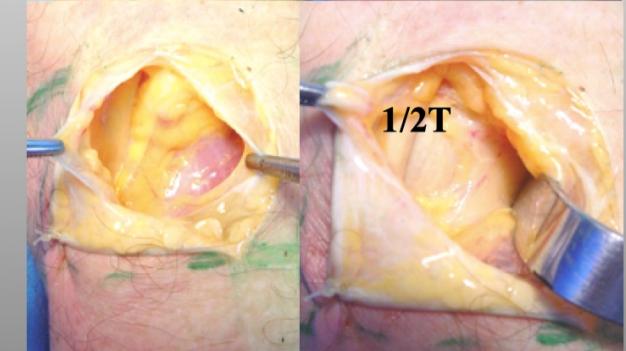


Mini-invasive posterior approach

- Skin incision

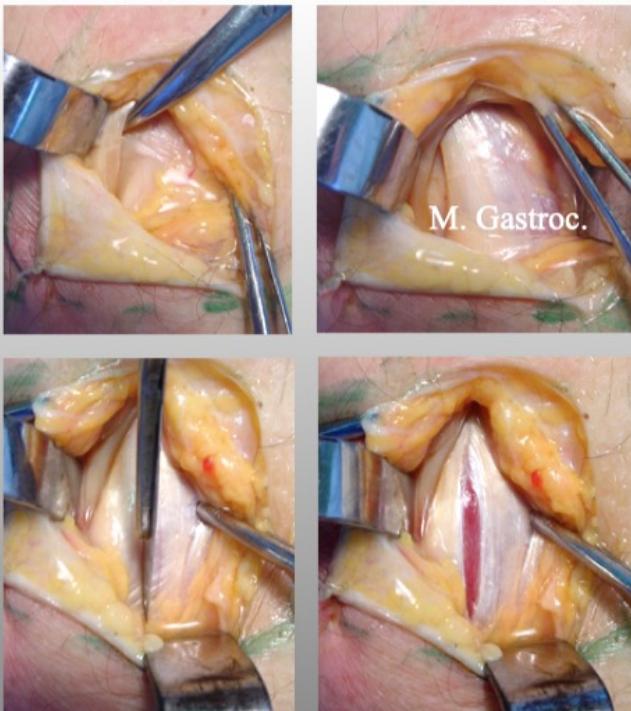


- Fascia incision

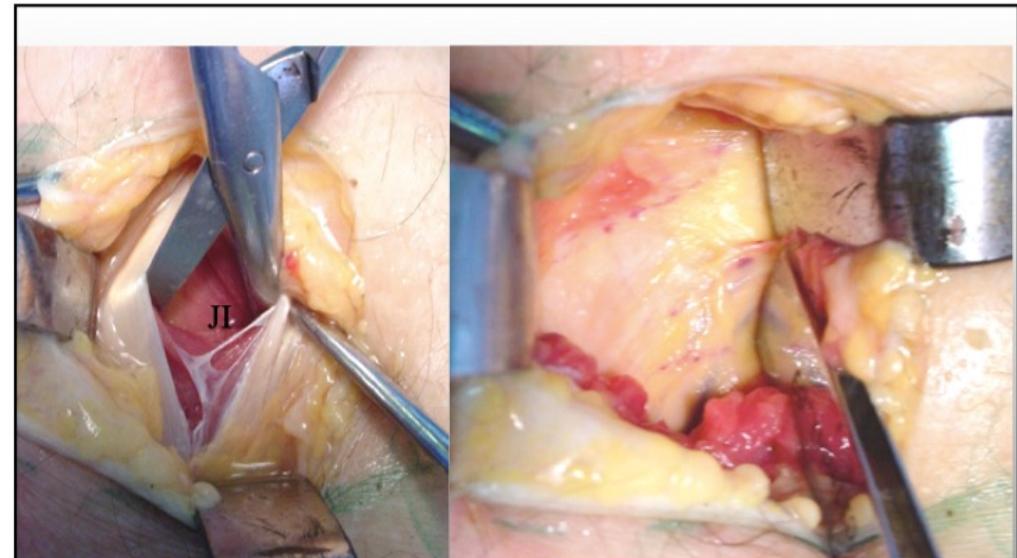


- ½ tendinosus
or
½ membranosus

Medial
gastrocnemius is
located along the
lateral side of the
pes anserinus

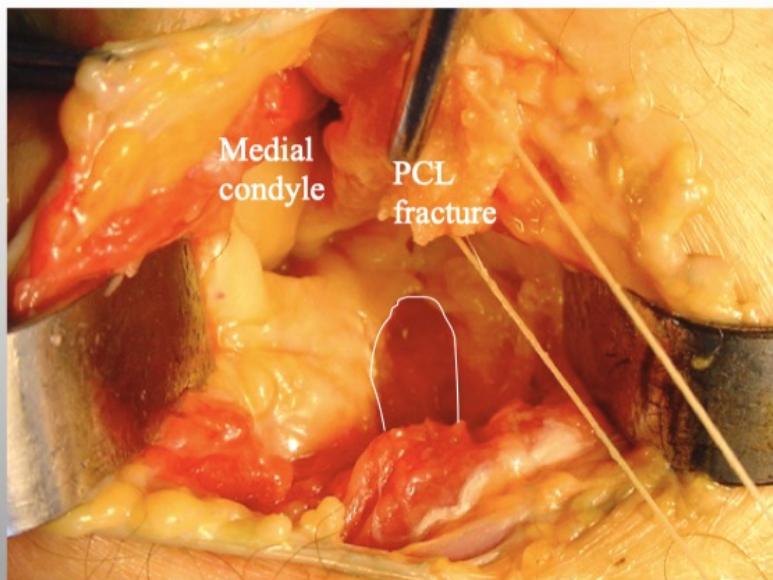


Incision through
the medial
gastrocnemius
fibers



Very good exposure of the postero-medial capsule.

Arthrotomy along the lateral side of
the medial condyle



**Exposure of the tibial insertion
site of the PCL**

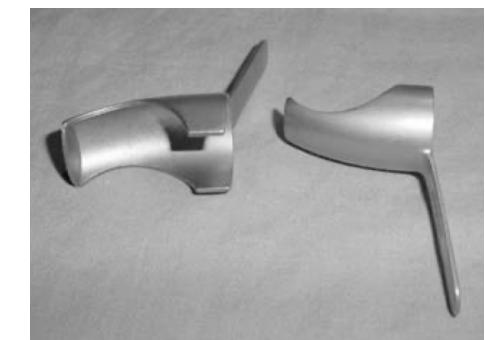
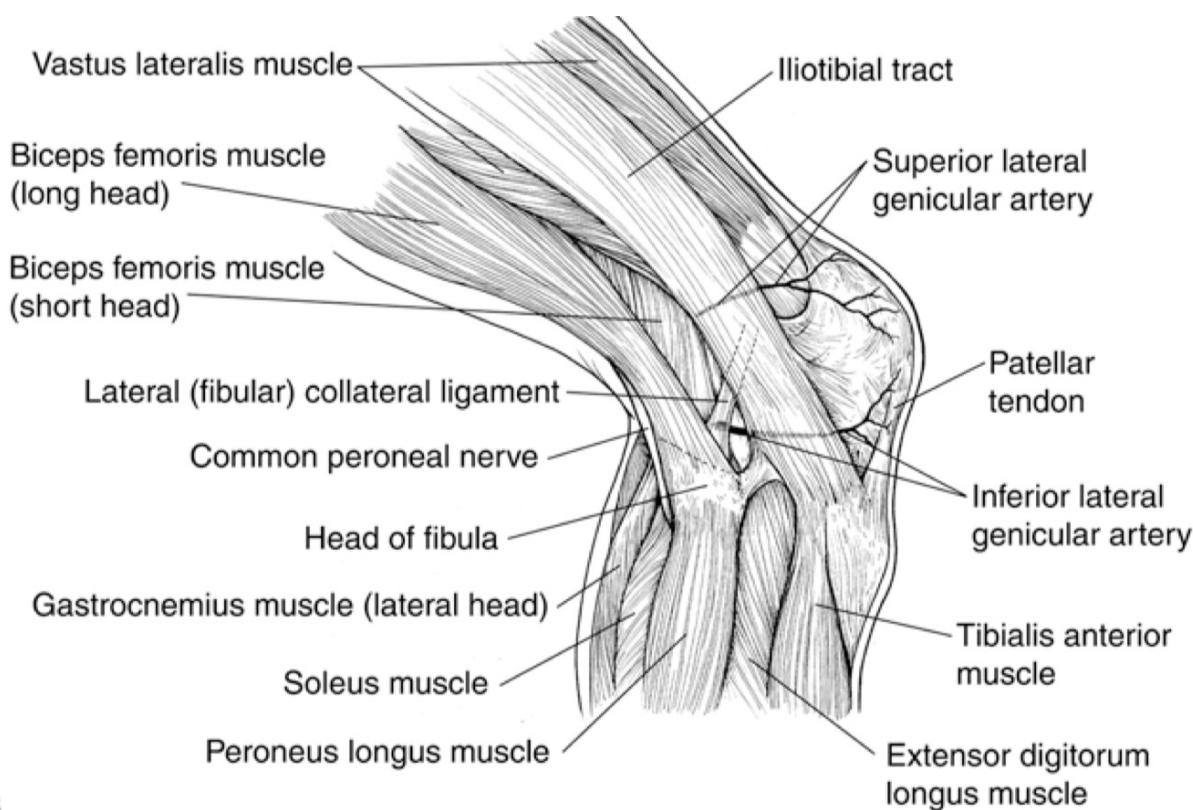
Badet' approach



Mini-invasive approach

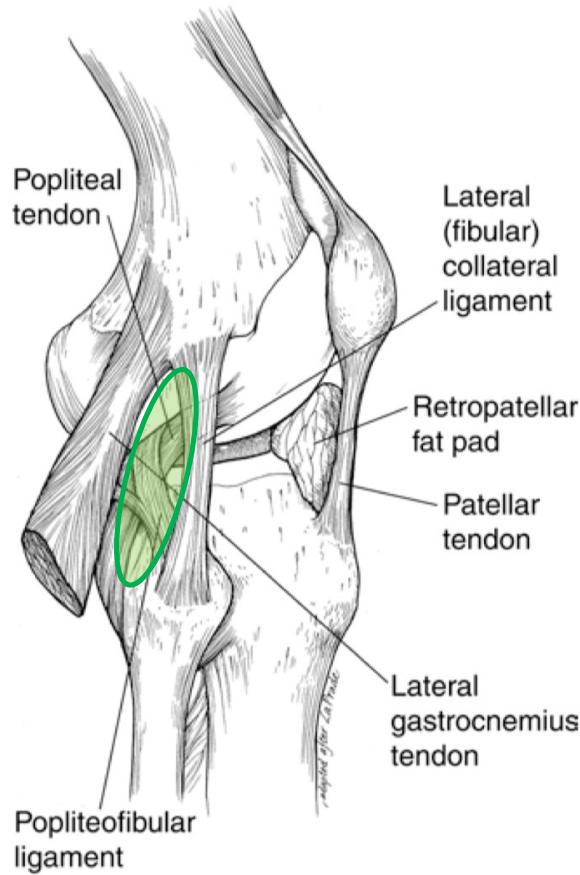
- No damage of Medial Gastrocnemius
- No damage of Popliteus muscle

LATERAL aspect of the knee



B

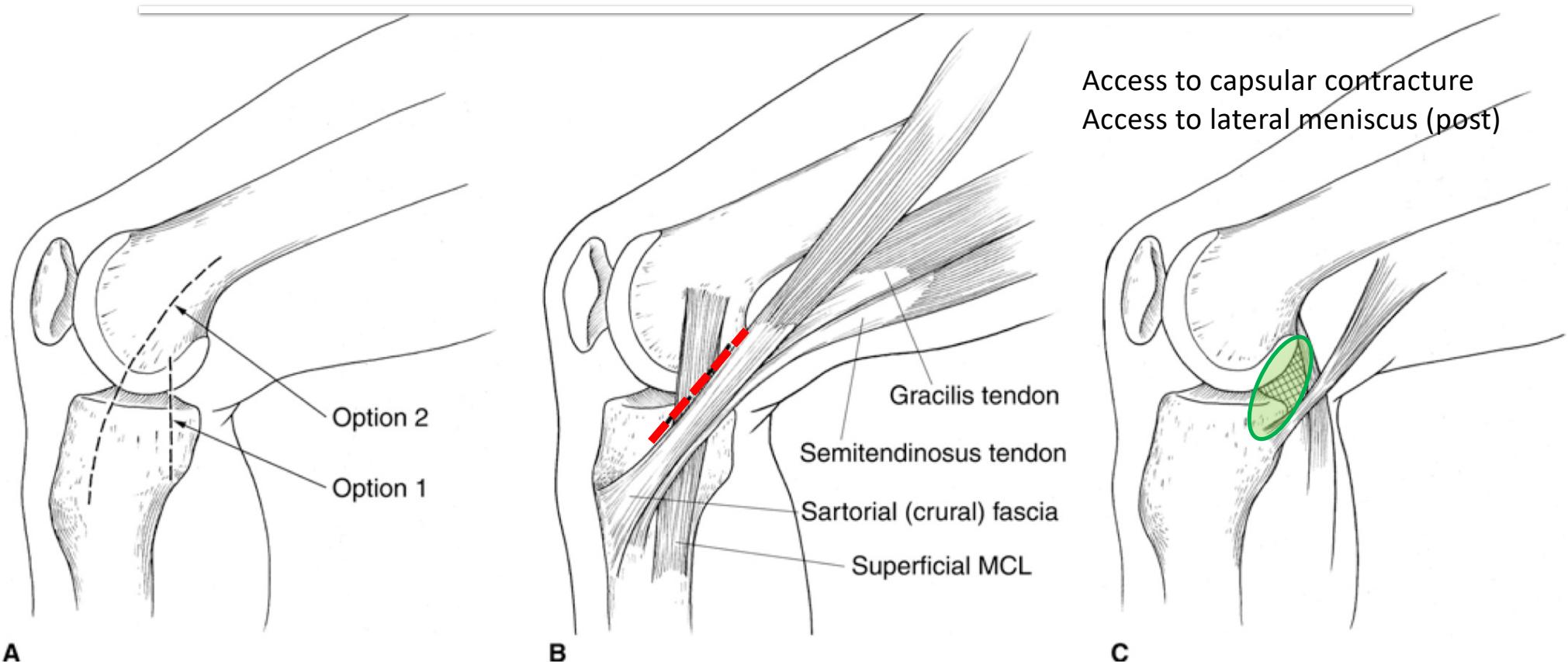
LATERAL aspect of the knee



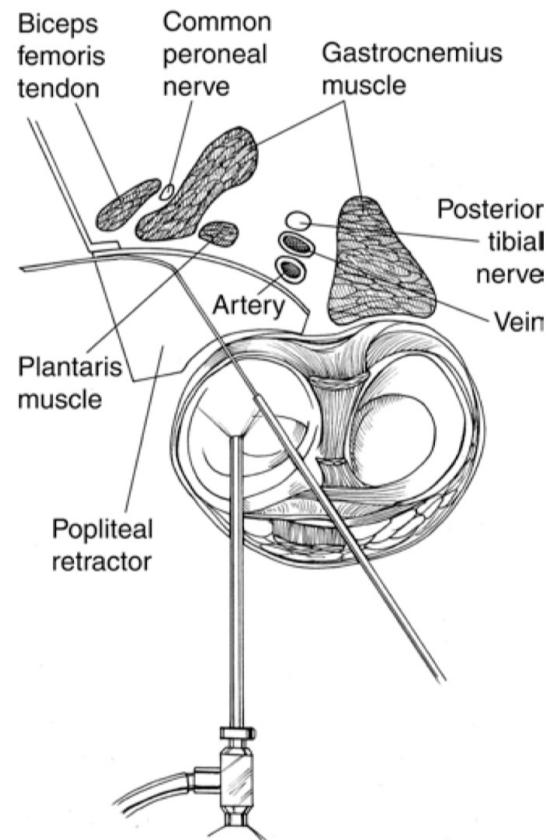
Retroligamentous (LCL) approach

- Posterior capsule contracture (femur)
- Lateral meniscus suture (lateral)
- Popliteus tendon

POSTERO LATERAL aspect of the knee

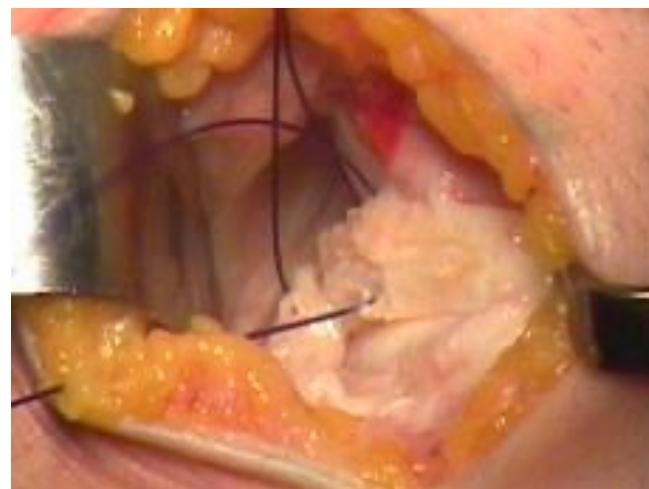
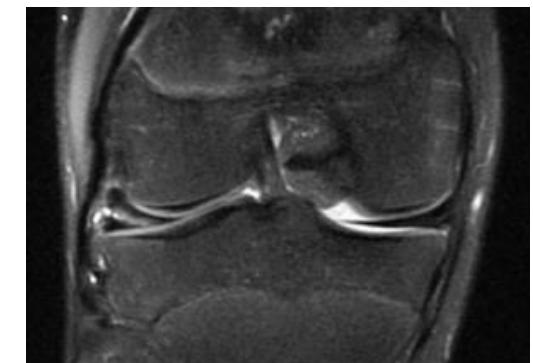


POSTERO LATERAL aspect of the knee



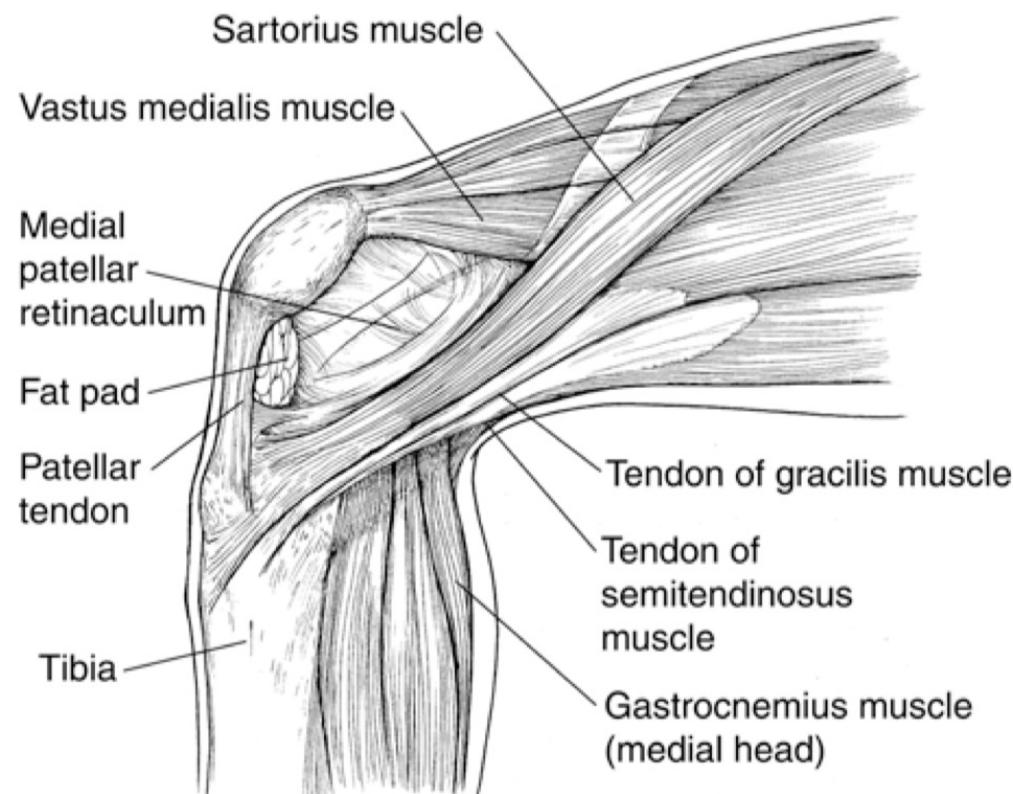
HENNING / popliteal retractor

Open lateral meniscus repair



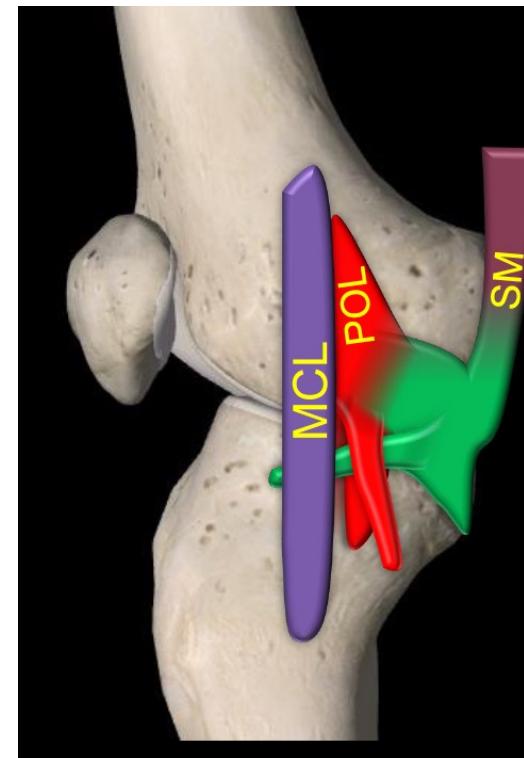
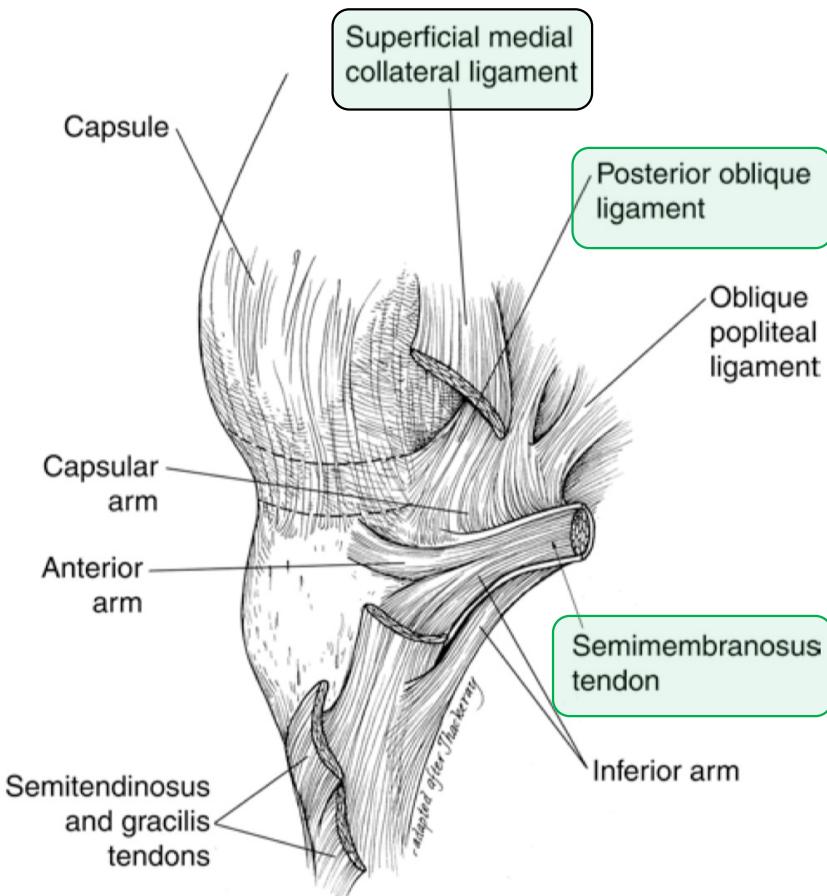
Courtesy of nicolas PUJOL

MEDIAL aspect of the knee

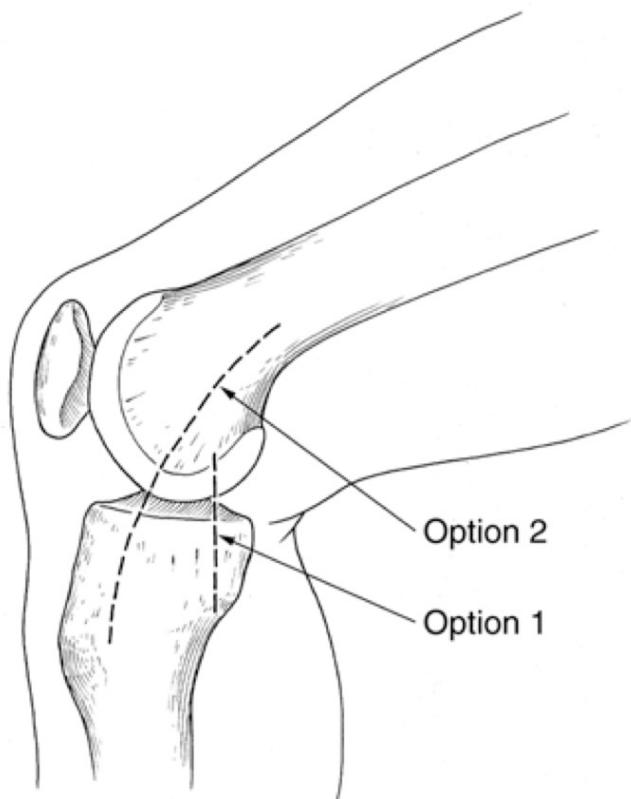


A

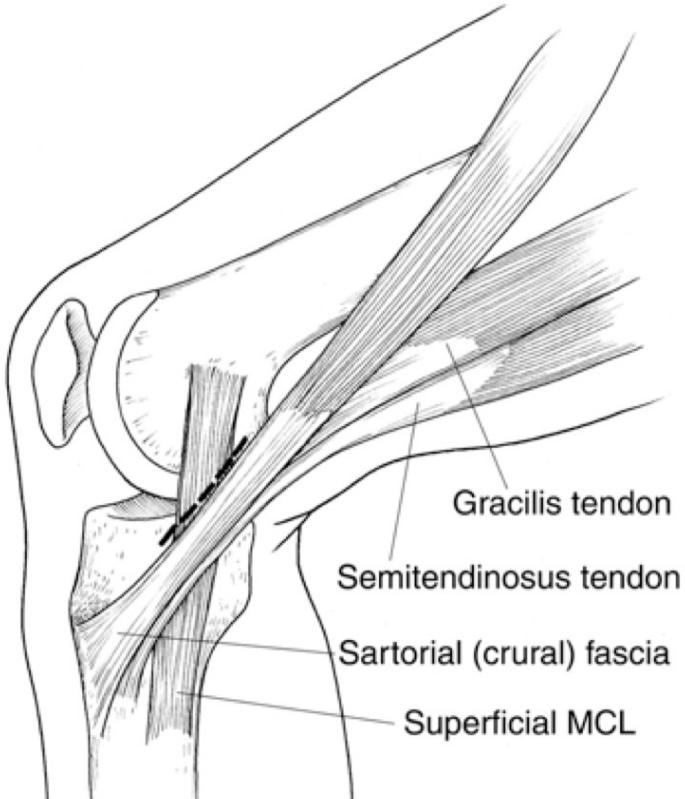
POSTERO-MEDIAL aspect of the knee



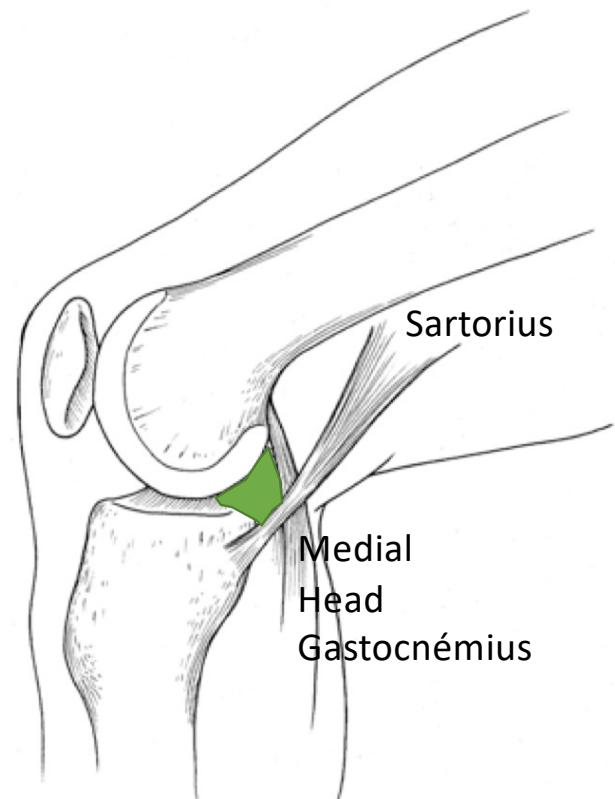
MEDIAL approach of the knee



A SKIN Incisions

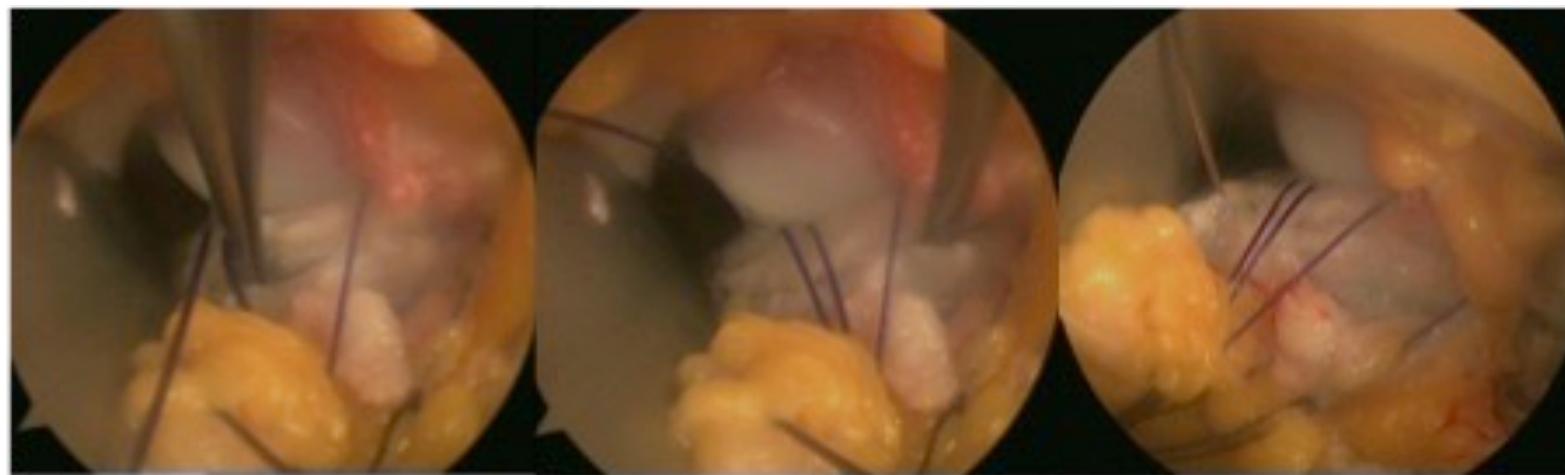
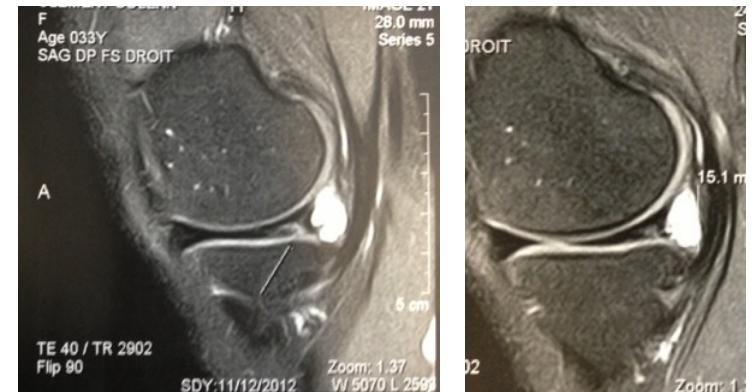


B Crural fascia incision



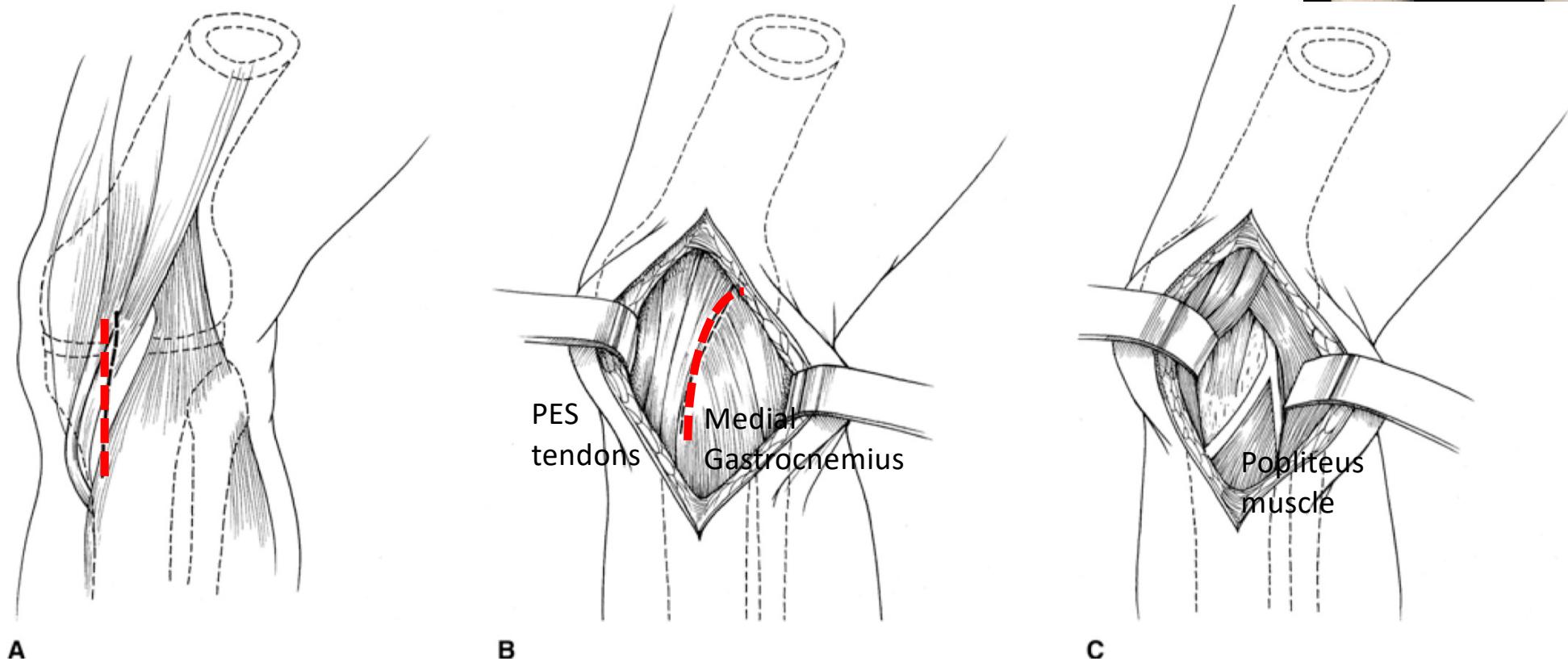
C Access to the capsule

Open medial meniscus repair



Courtesy of nicolas PUJOL

Extended POSTERO MEDIAL approach



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