Contents

Foreword 9

Historical Survey 11

Origins 11
Guiding Developments 13
The Beginnings of Articular Endoscopy 14
Development of Operative Arthroscopy 16

Arthroscopic Anatomy of the Knee 19

Morphologic Peculiarities 19
Systematic Arthroscopic Examination 22
Suprapatellar Recess and Femoro-Patellar Compartment 22
Medial Compartment 26
Intercondylar Notch 28
Lateral Compartment 29

Arthroscopic Pathology of the Knee 33

Menisci 33
Functional Aspects 33
Histology 34
Congenital Deviations 34
Degenerative Changes 34
Traumatic Changes 37
Articular Cartilage 42
Histologic Changes 42
Pathophysiology 45
Regeneration 45
Chondromalacia Patellae 45
Osteochondritis Dissecans 46
Loose Bodies 47
Osteochondral Fractures 51
Joint Capsule and Ligaments . . . 51
Cruciate Ligaments 51

Collaterals 52
Synovium 53
Synovitis 53
Plica Syndrome 55

Apparatus and Instruments 57

Apparatus 57
Arthroscope 57
Light Source 59
Lightguide 60
Systems for Distention of the Joint Cavity 61
Leg Holder 62
Camera 62
Video 64
Instruments 66
Solid Instruments 67
Instruments with Exchangeable Blades 68
Forceps, Punches and Scissors . . 69
Powered Instruments 72
Diathermy 74
Laser Surgery 75

Basics of Arthroscopic Procedures and Arthroscopic Operations 77

Arthroscopy: In- versus Outpatient Procedure 77
Anesthesia: Which Type? 77
Skin Preparation 77
Positioning of the Patient 78
Intraoperative Preparation 78
Personnel 78
Gas or Liquid? 78
Irrigation Fluid 79
Approaches for Arthroscope and Instruments 79
Technical Accessories and Operative Procedure 79
Documentation 83
Sterilization of the Video Camera . 85
Photodocumentation 85
Ending Arthroscopic Procedures . 85
General Considerations of the Postoperative Care after Arthroscopic Knee Operations . . 87

Arthroscopic Operating Techniques – General 89

Positioning in the Leg Holder . . 89
Approach 90
Position of the Surgeon 91

Arthroscopic Operating Techniques – Specialized 93

Operations on Meniscal Lesions . 93
Longitudinal and Bucket-Handle Ruptures 93
Vertical Ruptures 94
Radial Ruptures 96
Horizontal Cleavage Ruptures . . 97
Flap-Ruptures 98
Complex Ruptures 99
Degenerative Ruptures 100
Meniscus Ganglia 100

Disinsertion 100
Discoid Menisci 101
Procedures on Articular Cartilage . 102
General 102
Drilling in Osteoarthritis 105
Osteochondritis Dissecans 105
Loose Bodies 106
Procedures on Joint Capsule and Ligaments 108
Cruciate Ligaments 108
Joint Capsule 111
Procedures on Synovium 113
Biopsy 113
Arthroscopic Synovectomy 113
Synovial Chondromatosis 115
Plicae 116
Irrigation of the Joint 116
Checklist of Technical Difficulties . 117
Complications of Arthroscopy and their Prophylaxis: A Summary 120
Septic Arthritis 120
Wound Infections 120
Synovial Fistula 120
Postoperative Joint Effusion . . . 120
Hemorrhage/Hemarthrosis 120
Rupture of the Joint Capsule . . . 121
Extravasation of Irrigation Fluid . 121
Compartment Syndrome 121
Instrument Breakage 121
Iatrogenic Damage to Articular Cartilage 121
Excised Tissue Remaining in the Joint 122
Deposition of Particles of the Self-Adhesive Incise Drape 122
Tourniquet Syndrome 122
Neural Lesion 122
Injuries to the Popliteal Artery . . 122
Thromboembolic Complications . 123

Clinical Experience and Postoperative Results after 2,000 Arthroscopic Operations 129

Patients 130
Arthroscopic Operations 130
Procedures on Menisci 131
Meniscal and Cartilaginous Lesions 132
Procedures on Articular Cartilage . 132
Procedures on Synovium and Joint Capsule 133
Combined Arthroscopic Procedures 133
Summary 133
Postoperative Course and Complications 134
Indications and Contraindications . 136
Clinical Conclusions 137
Tables and Diagrams 138

Bibliography 147

Historical Survey 147
Anatomy and Pathology of the Knee 148
Operating Techniques – General . 149
Arthroscopic Operations 151
Procedures on Menisci 152
Procedures on Articular Cartilage 154
Procedures on Joint Capsule and Ligaments 154
Procedures on Synovium 155

Index 157