

Reconstructive Arthroscopic Surgery

Arthroscopic surgery is a minimally invasive technique used by orthopaedic surgeons to address injuries and abnormalities within the joint space of your knees, shoulders, wrists, ankles, and hips.

Reconstructive Arthroscopic Surgery includes procedures such as anterior cruciate ligament (ACL) reconstruction of the knee, rotator cuff tendon repair of the shoulder and labral repairs of the shoulder (Bankart, SLAP repair).

Arthroscopic surgery provides a very detailed image of the joint surface and contents through very small incisions in the skin measuring about 0.5 cm (1/4 inch) in length each. Dr. Jones may use two to three incision sites located in different areas around the joint in order to gain access to the joint space to address any problems that he might discover at the time of your surgery. Some procedures may also require a slightly longer (two to three centimeters) incision through which Dr. Jones may use larger instruments and/or tissue grafts.

During your procedure a small camera is inserted into the joint and a water based solution is pumped into the joint space to keep it expanded and provide the best view for Dr. Jones. The other incision sites are used for instruments that will aid Dr. Jones in addressing any abnormalities found.

Most reconstructive arthroscopic surgeries can be performed under sedation (similar to the sedation used during wisdom teeth extraction or a colonoscopy) and a nerve block of the extremity involved. General anesthesia (being "put to sleep") is rarely used during arthroscopic surgery.

During your procedure Dr. Jones has the ability to take photographs of your joint and will go over these with you at your first postoperative appointment. These photographs will help him explain your problem more precisely and will give you an opportunity to see "before and after" photos of any areas of abnormality addressed at the time of surgery.

Some reconstructive procedures, such as an ACL reconstruction, require a tissue graft to be used in order to reconstruct (or replace) your torn ligament. There are several choices for these grafts and you and Dr. Jones will discuss your options and make the right choice based on your preference and activity demands postoperatively. Graft choices most commonly used by Impact Orthopaedics include the patient's own hamstring tendons or cadaver allograft.

Reconstructive arthroscopic surgery often requires a two to three month rehabilitation

program including formal physical therapy and activity modifications. It often takes up to six months to return to full, unrestricted activity after reconstructive arthroscopic surgery. While this may seem like a long and arduous recovery period, it is much quicker and less painful than traditional open procedures of the same nature that are becoming less and less popular in the orthopaedic community thanks to advancements in arthroscopic surgical techniques.