

Contents

Part I Shoulder Arthroplasty

- 1 Hemiarthroplasty/Total Shoulder Arthroplasty 3**
- 2 Reverse Total Shoulder Arthroplasty 7**

Part II Shoulder Sports Injuries

- 3 AC Joint Reconstruction 11**
- 4 Arthroscopic Anterior Stabilization
(Latarjet Procedure)..... 13**
- 5 Arthroscopic Bankart/SLAP Repair
+/- Capsulorrhaphy 19**
- 6 Arthroscopic Posterior Labral Repair..... 23**
- 7 Arthroscopic Rotator Cuff Repair
(Large/Massive) 27**
- 8 Arthroscopic Rotator Cuff Repair
(Small/Medium)..... 31**
- 9 Arthroscopic Subacromial Decompression,
+/- Acromioplasty/Distal Clavicle Excision,
+/- Biceps Tenotomy 37**
- 10 Humeral Head Microfracture 39**

11	Pectoralis Major Repair	41
12	Scapular Dyskinesia (Periscapular and Rotator Cuff Strengthening)	43
Part III Shoulder Trauma		
13	Clavicle Fracture	47
14	Mid-Shaft Humerus Fracture Nonoperative	49
15	Midshaft Humerus ORIF	51
16	Proximal Humerus Fracture Nonoperative	53
17	Proximal Humerus Fracture ORIF	55
Part IV Elbow Nerve Injuries		
18	Cubital Tunnel In Situ Release	59
19	Cubital Tunnel Syndrome Nonoperative	61
20	Cubital Tunnel with Anterior Transposition	63
21	Cubital Tunnel with Intramuscular Transposition	65
22	Radial Nerve Repair	67
23	Radial Tunnel Syndrome	69
24	Splinting for Nerve Palsies of the Upper Extremity	71
25	Ulnar and/or Median Nerve Repair	73

Part V Elbow Sports Injuries

26 Distal Biceps Repair 77

27 Elbow Arthroscopy 79

28 Elbow UCL Reconstruction..... 81

29 Lateral Epicondyleplasty..... 83

**30 Lateral Epicondylitis “Tennis Elbow”
Nonoperative..... 85**

**31 Lateral Epicondylitis/Extensor Carpi Radialis
Brevis Release (Elbow) 89**

32 Medial Epicondylitis Nonoperative 91

33 Medial and Lateral Epicondylectomy 93

34 Triceps Reconstruction 95

Part VI Elbow Trauma

35 Above or Below the Elbow Amputation..... 99

36 Distal Humerus Fracture ORIF 101

37 Elbow Resection Arthroplasty 103

**38 Radial Head Fractures, Olecranon Fractures,
and Elbow Dislocation..... 105**

Part VII Wrist Bone Injuries

39 Wrist Arthrodesis 109

40 Wrist Arthroplasty..... 111

41 Bennett Fracture.....	113
42 Chronic Osteoarthritis or Rheumatoid Arthritis Nonoperative	115
43 CMC Resection or Implant Arthroplasty	117
44 CMC Fracture or Dislocation	121
45 Darrach Procedure.....	123
46 Distal Radius Fracture: External Fixation	125
47 Distal Radius Fracture Nonoperative.....	127
48 Distal Radius Fracture ORIF	129
49 Four-Corner Fusion.....	131
50 Proximal Row Carpectomy.....	133
51 Scaphoid Fracture Nonoperative.....	135
52 Scaphoid Fracture ORIF	137
53 Sauve-Kapanji Lowenstein Procedure	139
Part VIII Wrist Ligament/Soft Tissue Injuries	
54 CMC Soft Tissue Reconstruction	143
55 Ganglionectomy.....	145
56 Triangular Fibrocartilage Complex Repair (TFCC)	147
57 Wrist Sprain/Contusion	149

Part IX Wrist: Nerve Compression

58 Carpal Tunnel Release Endoscopic 153

59 Carpal Tunnel Release (Open)..... 155

60 Carpal Tunnel Nonoperative..... 157

Part X Wrist Tendon Injuries

61 Camitz Transfer PL to APB Transfer 161

62 DeQuervain’s Tenosynovitis Nonoperative 163

63 DeQuervain’s Tenosynovitis Release..... 165

64 Extensor Tendon Reposition for Rheumatoid Patients..... 167

65 EPL Repair 169

66 FCU/FCR Tendonitis or FCR Tunnel Syndrome Nonoperative..... 171

67 FPL Repair, Early Mobilization 173

68 Opponensplasty (EIP to APB) 175

Part XI Hand/Finger Bone Injuries

69 Arthrodesis MCP, PIP, or DIP 179

70 Bony Mallet Finger with Pinning 181

71 Distal Phalanx or Tuft Fractures 183

72 Dorsal PIP Fracture or Dislocation Postoperative..... 185

73	Finger Amputation	187
74	Metacarpal Fracture Closed Reduction	189
75	Metacarpal Fracture ORIF	191
76	Middle Phalanx Fracture Closed Reduction	193
77	Middle Phalanx Fracture ORIF or External Fixation	195
78	MP Joint Implant Arthroplasty for Rheumatoid Patients (Four Digits)	197
79	MP Joint Implant Arthroplasty for Traumatic Injuries	201
80	PIP Joint Implant Arthroplasty	203
81	PIP Joint Implant Arthroplasty for Traumatic Injuries	205
82	Proximal Phalanx Fracture Closed Reduction	207
83	Proximal Phalanx Fracture ORIF	209
84	Volar PIP Fracture or Dislocation Postoperative	211
Part XII Hand/Finger Nerve Injuries		
85	Complex Regional Pain Syndrome (CRPS)	215
86	Digital Nerve Repair	219
Part XIII Hand/Finger Soft Tissue/Ligament Injuries		
87	Boutonniere Deformity Nonoperative	223

88	Pulley Repair or Reconstruction.....	225
89	Radial/Ulnar Collateral Ligament Repair/ Reconstruction of the Digital MP Joint	227
90	Radial/Ulnar Collateral Ligament Repair/ Reconstruction of the PIP Joint.....	229
91	Radial/Ulnar Collateral Ligament Repair/ Reconstruction of the Thumb MP Joint.....	231
92	Radial/Ulnar Collateral Ligament Strain of the Digital MCP Joint with Stretching of the Volar Plate.....	233
93	Radial/Ulnar Collateral Ligament Strain of the Thumb MCP Joint	235
94	Subtotal Palmar Fasciectomy for Dupuytren’s Contracture.....	237
95	Trigger Finger Release.....	239
Part XIV Hand/Finger Tendon Injuries		
96	Active Tendon Implant	243
97	Extensor Tendon Injury Zones 1 and 2 Nonoperative.....	247
98	Extensor Tendon Repair Zones 3 and 4.....	249
99	Extensor Tendon Repair Zones 5 and 6.....	251
100	Extensor Tendon Repair Zones 7 and 8.....	253
101	Extensor Tenolysis (With Dorsal PIP and MP Capsulectomy)	255

102	FCU to EDC, FDS (Ring) to EDC, OR PT to EDC Tendon Transfers	257
103	Flexor Tendon Repair: Early Mobilization (Zones 1–3)	261
104	Flexor Tendon Repair: Delayed Mobilization (Zones 1–5)	265
105	Flexor Tenosynovectomy	267
106	Tendon Transfers to Finger Flexors	269
107	Zancolli Lasso	271
Index.....		273