


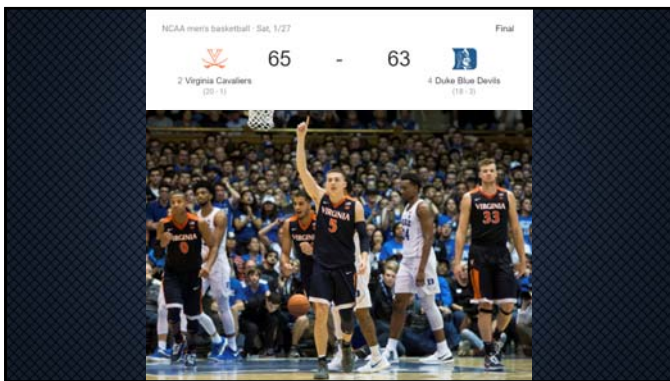
Subscapularis Management – How I Do It – Why It’s Better Tenotomy

Kaitlyn N. Christmas, BS
Mark A. Mighell, MD

FLORIDA ORTHOPAEDIC INSTITUTE







Why Not Osteotomy?

- If you're using short stem/stemless implants may have difficulty press-fitting the implant
- Reduction of the osteotomy can be difficult and unpredictable



Why Tenotomy?

- Less bleeding
- Repair of tenotomy is much quicker & simpler
- Patient-reported outcomes are largely positive

Our Preferred Technique

- The width of the footprint at the upper third is between 1.5 & 2 cm as measured from the medial lip of the bicipital groove
- Divide the upper third of the tendon & underlying capsule to 2-2.5 cm medial to the medial edge of the bicipital groove
- This will leave a 5-10 mm cuff of the lateral tendon stump for repair



Subscapularis Tenotomy

Take Away Points

J Shoulder Elbow Surg. 2017 Jun;26(6):997-1002. doi: 10.1016/j.jse.2016.10.024. Epub 2017 Jan 19.

Optimizing follow-up after anatomic total shoulder arthroplasty.
Schooch B¹, Werthel JD², Schleck CD³, Harmsen WS³, Sperling J², Sánchez-Sotelo J², Cofield RH⁴.

When surgical technique is optimal & postoperative care is fastidiously managed, supscap failure leading to instability & reoperation is rare

Thank You

FLORIDA ORTHOPAEDIC INSTITUTE 