

ARTHRO Mentor

# Meniscectomy Curriculum

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## Description

The following curriculum is focused on the Meniscectomy procedure: relevant pathologies and their classification, instrumentation and procedural steps.

## Objectives

- ◆ Recognize the different types of meniscal tears and understand their preferred treatment method.
- ◆ Be familiar with different meniscectomy tools and understand their advantages and pitfalls.
- ◆ Learn and practice the procedural steps in a meniscectomy procedure.
- ◆ Evaluate correctly the amount of meniscus that needs to be removed in a meniscectomy procedure.

## Target Audience

- ◆ Orthopedic surgery residents from PGY1 through PGY3
- ◆ Practicing orthopedic surgeons with limited experience performing arthroscopic surgery
- ◆ Beginning arthroscopists

## Assumptions

- ◆ The learner has little experience with arthroscopy.
- ◆ The learner has prior arthroscopic motor skills practice.
- ◆ The learner has prior anatomical knowledge of the knee joint and the arthroscopic portals.

## Suggested Time Length

Completion of the entire course should take around 2 hours.

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## Introduction

### Didactics

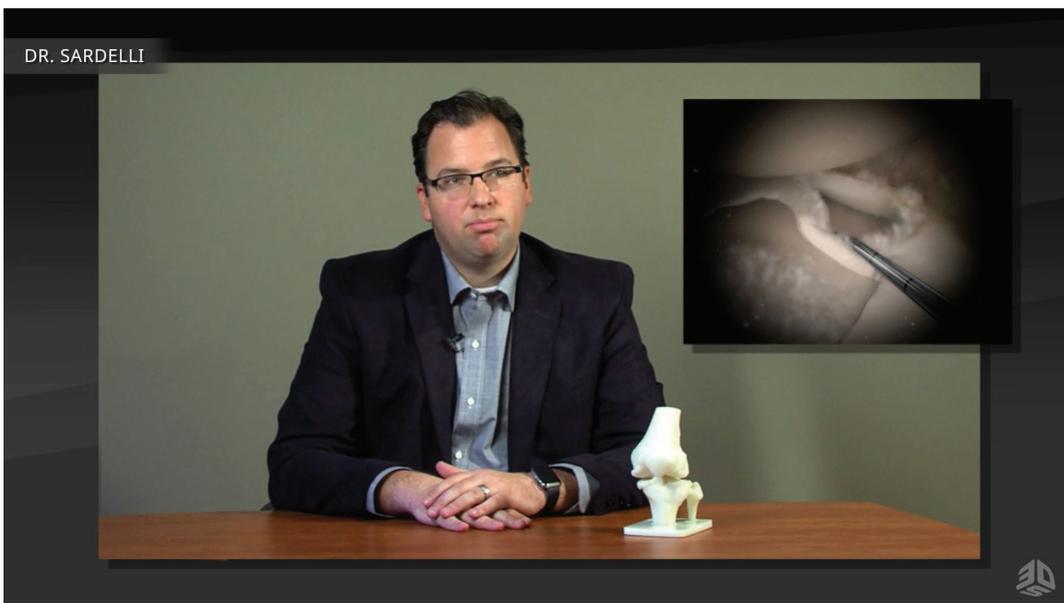
#### Introduction to Meniscectomy Course



## Meniscal Tear Types

### Didactics

#### Meniscal Tears Review



## Hands on



### Diagnostic of Pathological cases (locate and identify unknown pathologies)

- ◆ Case 1-4, 6, 8.

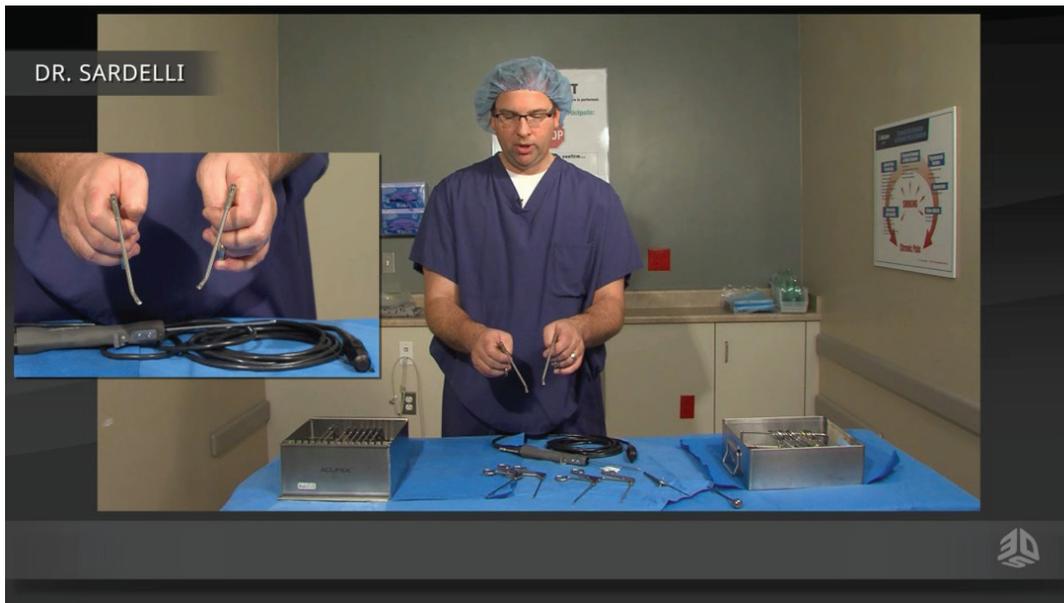
#### Tasks Description

- ◆ Perform a diagnostic examination of the knee joint.
- ◆ Use the pedal to take pictures of identified pathologies.
- ◆ Open the Trainee Report and describe the pathology that was documented in each picture.

## Meniscectomy Instrumentation

### Didactics

#### Meniscectomy Instruments Review



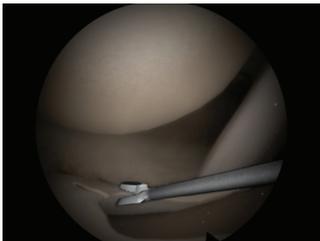
## Meniscectomy Procedure Steps

### Didactics

#### Meniscectomy Simulation Tutorial



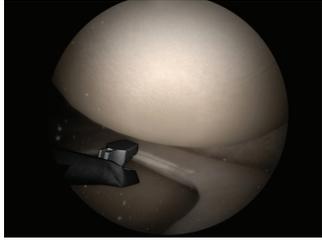
### Hands On



#### Radial Tear

##### Task Description:

- ◆ Insert the camera and the probe into the joint.
- ◆ Perform a diagnostic examination of the knee using the camera and the probe. When done, retract the probe.
- ◆ Open the tools menu and choose the most suitable Punch to treat the tear. Replace the stylus with the grasper.
- ◆ Navigate to the lateral meniscus and use the Punch tool to resect a piece of the pathological meniscus.
- ◆ Force the Valgus or Varus positions in order to create more space to work in.
- ◆ When no more resection is needed, retract the Punch and replace the grasper with the stylus. Open the tools menu and choose a shaver in an adequate size.
- ◆ Insert the shaver and shave the resected Meniscal area.
- ◆ Press the Close button when no more sharp edges are left on the treated meniscus.



### Longitudinal Tear

#### Task Description:

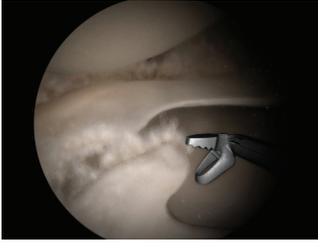
- ◆ Insert the camera and the probe through to the joint.
- ◆ Perform a diagnostic examination of the knee using the camera and the probe. When done, retract the probe.
- ◆ Open the tools menu and choose the most suitable Punch to treat the tear. Replace the stylus with the grasper.
- ◆ Navigate to the medial meniscus and use the Punch tool to resect a piece of the pathological meniscus.
- ◆ Force the Valgus or Varus positions in order to create more space to work in.
- ◆ When no more resection is needed, retract the Punch and replace the grasper with the stylus. Open the tools menu and choose a shaver in an adequate size.
- ◆ Insert the shaver and shave the resected Meniscal area.
- ◆ Press the Close button when no more sharp edges are left on the treated meniscus.



### Parrot Beak Tear

#### Task Description:

- ◆ Insert the camera and the probe through to the joint.
- ◆ Perform a diagnostic examination of the knee using the camera and the probe. When done, retract the probe.
- ◆ Open the tools menu and choose the most suitable Punch to treat the tear. Replace the stylus with the grasper.
- ◆ Navigate to the lateral meniscus and use the Punch tool to resect a piece of the pathological meniscus.
- ◆ Force the Valgus or Varus positions in order to create more space to work in.
- ◆ When no more resection is needed, retract the Punch and replace the grasper with the stylus. Open the tools menu and choose a shaver in an adequate size.
- ◆ Insert the shaver and shave the resected Meniscal area.
- ◆ Press the Close button when no more sharp edges are left on the treated meniscus.



## Flap Tear

### Task Description:

- ◆ Insert the camera and the probe into the joint.
- ◆ Perform a diagnostic examination of the knee using the camera and the probe. When done, retract the probe.
- ◆ Open the tools menu and choose the most suitable Punch to treat the tear. Replace the stylus with the grasper.
- ◆ Navigate to the lateral meniscus and use the Punch tool to resect a piece of the pathological meniscus.
- ◆ Force the Valgus or Varus positions in order to create more space to work in.
- ◆ When no more resection is needed, retract the Punch and replace the grasper with the stylus. Open the tools menu and choose a shaver in an adequate size.
- ◆ Insert the shaver and shave the resected Meniscal area.
- ◆ Press the Close button when no more sharp edges are left on the treated meniscus.