

The 'Three Sister Portals' for Arthroscopic Repair of Massive Rotator Cuff Tears

Shoulder & Elbow Clinic, Department of Orthopaedic Surgery, School of Medicine, Kyung Hee University, Seoul, Korea, Adult Reconstruction Unit, School of Medical Sciences, University Sains Malaysia, Kubang Krian 16150, Kota Bharu, Kelantan, Malaysia*, Orthopaedic Institute, Silom Road Bangrak, Lerdsin Hospital, Bangkok, Thailand†, Department of Orthopaedic Surgery, The Armed Forces Dae-jeon Hospital, Dae-jeon, Korea‡, Department of Orthopaedic Surgery, Hallym University Sacred Heart Hospital, College of Medicine, Hallym University, Anyang, Korea§

Yong Gurl Rhee, M.D. · T Vishvanathan, M.D. * · Bal Kishan BRT, M.D. *
Theera R, M.D.† · Chan Teak Lim, M.D.‡ · Nam Su Cho, M.D.§

Arthroscopic repair of massive rotator cuff tear represents one of the most technically demanding arthroscopic procedures. In order to achieve a complete repair, adequate access of the torn edges of the cuff tendon is a prerequisite. Although numerous arthroscopic portals have been described by many authors, there is no ideal portal that gives access to every part of the torn rotator cuff. We describe the 'three sister portals' consisting of the subclavian, Neviaser and a new posterior infraspinous portal which provide access to all parts of the cuff tendon with minimal rotation of the arm. In addition, this new portal does not require a skin incision or a cannula and it can be located with ease even if there is extravasation of fluid into the subcutaneous tissue during the arthroscopic procedure. The direction, point of puncture and the desired distance to be pierced from the torn cuff edge can be easily controlled with a Banana Suture Lasso introduced through this portal. We have repaired more than 300 massive rotator cuff tears using these three sister portals without complications.

Key Words: Massive rotator cuff tear, Three sister portals, Posterior infraspinous portal