

## Slider:

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— Abstract —

### The Hallym Slider: A New Arthroscopic Simple Sliding and One-Way Locking Knot

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A secure slip knot is very important in the arthroscopic surgery of the shoulder joint. The new ' Hallym Slider ', developed by the first author(KCN), has the properties of being a simple sliding and one-way locking knot. This technique can be performed alone without an assistant and has no accidental premature locking during the knot tying. The initial slip knot determines the adequacy of tissue approximation and consequent healing. The ' Hallym Slider ' has excellent initial holding capacity, maintaining tension on soft tissue while additional half-hitches are being tied. It locks readily, it takes less time to tie than numerous square knots, and it is not as bulky as other knots. Therefore, we introduce this new sliding and one-way locking knot during the arthroscopic surgery of shoulder.

**Key Words:** Hallym Slider, Arthroscopic knot, Sliding, One-way locking

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TECHNIQUE

가 (short post strand) 가 (loop strand)

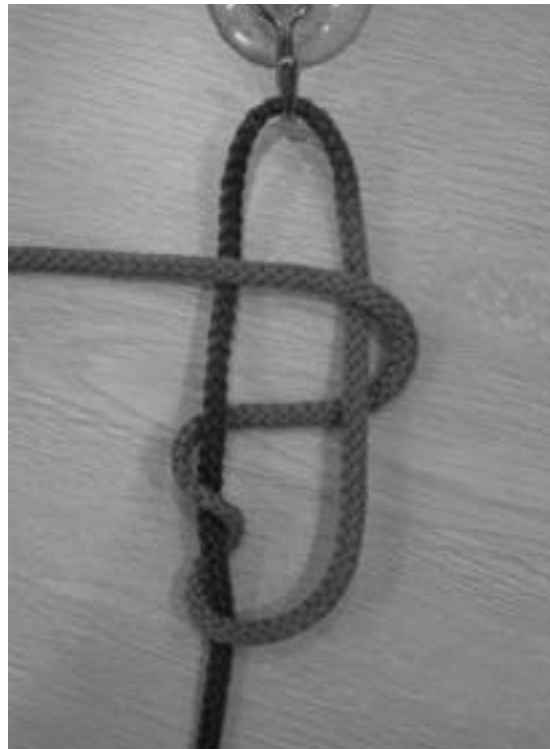
가 (underhand throw) (index finger) (one way) (2 strands) 가

가 (Fig. 1).

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**Fig. 1.** Hold the post strand and the with an underhand throw, put the loop strand on top of the index finger, and continuing one way, put it through between the two strands from under to over, resulting in the loop strand twisting around the post strand.



**Fig. 2.** The performer places thumb and index finger between the two strands, and repeat the second underhand throw procedure in the same direction under both loop and post strands.

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2 (both strand)  
(Fig. 2).

(reversed half-hitch alternat-  
ing posts: RHAPs)

(Fig. 3).

가

(Fig. 4).

(Fig. 5).

가 3



**Fig. 4.** Slightly more pull on the loop strand further to complete the knot, then using the knot pusher, push the newly formed knot against the post strand, and while pulling on the post strand, push the knot into the joint.



**Fig. 3.** Hold the end of the loop strand and insert it, under to over, through the space of the two strands, and slightly pull the loop strand.



**Fig. 5.** While maintaining tension on the post strand, simultaneously pull on the loop strand until the knot is firmly fixed and completed.

(Fig. 6).

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(Fig.

7).

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(Fig. 8).

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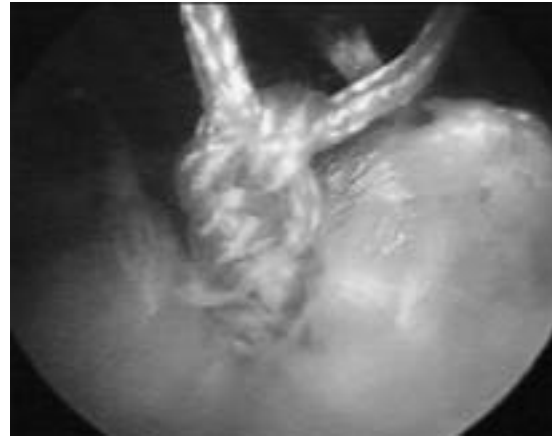


Fig. 7. Place three additional half-hitch knots on alternate posts, and finish the Hallym Slider.

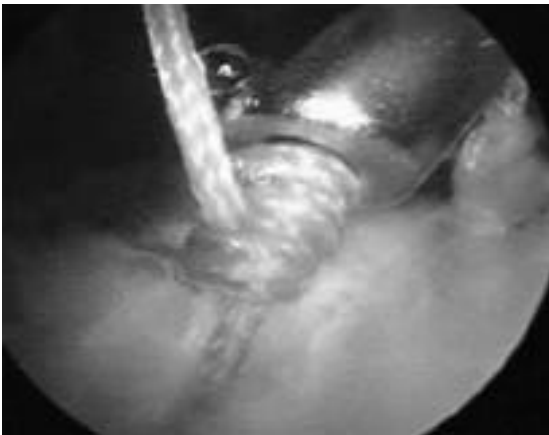


Fig. 6. Arthroscopic appearance after the Hallym Slider knot tying.

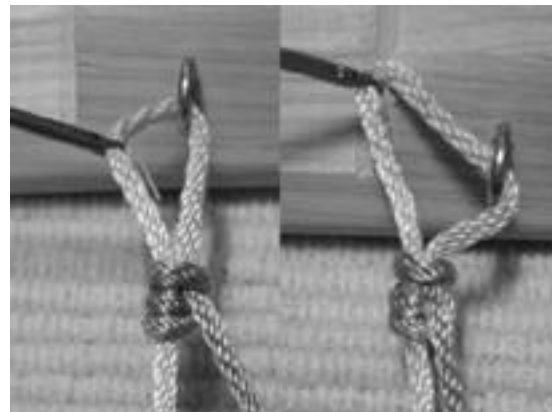


Fig. 8. How to un-tie of the premature locking of the Hallym Slider knot.

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