

PART I: THE BASIS OF COWBOYIN': THERE AIN'T A HORSE THAT CAN'T BE RODE, THERE AIN'T A MAN THAT CAN'T BE THROWN

Visualization

Angle of Approach

Achieving a Stable Construct

Understanding and Recognizing the Pathology

The Tough Stuff

Exposing the Hidden Landmarks

Insurmountable Problems: Bone Deficiency

Gaining Speed and Tricks of the Trade

Ordering the Steps

Rotator Cuff Tear Patterns

Postoperative Rehabilitation

PART II: PLAYIN' WITH FIRE: A COWBOY'S GUIDE TO COOKIN' (WORKIN' SMOOTH), SMOKIN' (WORKIN' FAST), AND BRANDIN' (LEAVIN' YOUR MARK)

Introduction

Operating Room Set-up

Instability

Arthroscopic Bankart Repair / Arthroscopic Latarjet Procedure / Arthroscopic Treatment of Multidirectional Instability / Non-Engaging Hill-Sachs Lesion / Open Latarjet Reconstruction / Posterior Bankart and SLAP Repair / Repair of Bony Bankart Lesion / Repair of Reverse HAGL (Humeral Avulsion of Glenohumeral Ligaments) Lesion / Repair of Triple Labral Lesion / Arthroscopic Repair of HAGL Lesion

SLAP

SLAP Repair

Subacromial Procedures (Non-Cuff)

Arthroscopic Acromioplasty / Arthroscopic Distal Clavicle Excision / Coplaning of Distal Clavicle / Os Acromiale Excision

Stiffness

Capsular Release for Adhesive Capsulitis / Capsular Release for Post-op Stiffness / Manipulation Under Anesthesia

Rotator Cuff

Completion of a PASTA Lesion to a Full-Thickness Cuff Tear / Coracoplasty with Non-Retracted Subscapularis Tendon / Double Pulley Technique of Double Row Repair / Double Row Rotator Cuff Repair / L-Shaped Tear Assessment / Margin Convergence to Bone in a Reverse-L Tear / Massive Adhesed Rotator Cuff Tear / PASTA Repair: One Anchor Repair / Repair of a Partial (Upper) Subscapularis Tear / Repair of Bursal Sided Rotator Cuff Tear / Repair of Complete Subscapularis Tear / Repair of Interstitial Rotator Cuff Tear / Reverse L-Shaped Tear: Evaluation and Repair / Small Bursal-Surface Crescent Tear with Single Lateral Row Fixation / The "Bubble" Sign: A Method of Detecting an Interstitial Rotator Cuff Tear / The "Triple Double" Technique of Rotator Cuff Footprint Reconstruction / The Roller-Wringer Phenomenon / The Shoestring Technique of Knotless Lateral Row Fixation / Tubero-plasty: Arthroscopic Treatment of Greater Tuberosity Malunion / Margin Convergence to Bone: Double Row Repair of a Small U-Shaped Tear / Double Interval Slide Technique / Routine Margin Convergence Technique / Double Row Margin Convergence to Bone / Two Anchor Transtendon PASTA Repair via the Double Pulley Technique / Anterior Interval Slide in Continuity / Anterior Interval Slide

Biceps

Arthroscopic Assisted Biceps Tenodesis for Retracted Biceps Tendon Tear: The Cobra Procedure / Biceps Tenodesis without Supraspinatus Tear / Biceps Tenodesis with Torn Supraspinatus

Tricks and Tips

Arthroscopic Knot Tying Using the Sixth Finger Knot Pusher / Anchor Removal from Glenoid Using OATS Harvester / Anchor Removal from Greater Tuberosity Using OATS Harvester / Arthroscopic Suprascapular Nerve Release at Suprascapular Notch / Compaction Bone Grafting Utilizing OATS Harvester / Exposing the Scapular Spine / Salvaging a Loose Anchor by the Buddy Anchor Technique / The "Suture Weave" Technique of Reloading an Anchor / Pull the Right One: How to Assure That You Don't Unload a Suture Anchor

Assorted Conditions

Calcific Tendinitis / Mini-Capsular Plication in the Overhead Athlete / Stretching and Strengthening Exercises Patient Education Video

The Future

BioForkLok Bankart Repair / FiberChain/Swivel-Lok Double Row Rotator Cuff Repair