

SURGICARE OF BROOKLYN

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Left Shoulder Arthroscopy Operative Report

Patient Name: Haynes, Tiara

Medical Record Number: 12808

Date of Birth: 02/17/1993

Date of Procedure: 06/23/2022

Surgeon: Upendra K. Sinha, MD.

Assistant: Gennadiy Shamalov, P.A.

Preoperative Diagnosis: Impingement syndrome, left shoulder.

Postoperative Diagnoses: M75.02 Adhesive capsulitis, left shoulder.
M75.42 Impingement syndrome, left shoulder.
M24.812 Internal derangement, left shoulder.
S46.012A Partial rotator cuff tear, left shoulder.
S43.432A Labral tear, left shoulder.
M65.812 Synovitis, left shoulder.
M75.52 Bursitis, left shoulder.
M75.82 Subacromial adhesions, left shoulder.

Operative Procedure: 29823 Major debridement.
29821 Complete synovectomy.
29825 Lysis of adhesions.
29999 Bursectomy.
29999 Release of CA ligament.
20610 Intraarticular injection.
0232T PRP injection.

Anesthesia: Nerve block, IV sedation.

Position: Beach chair.

Estimated Blood Loss: Less than 20 mL.

Complications: None.

Instrumentation: None.

Intraoperative Findings:

Labral tear.
Partial intraarticular rotator cuff tear.
Partial thickness rotator cuff tear.
Synovitis.
Subacromial adhesions.

Adhesive capsulitis.

Impingement.

Bursitis.

Indications for Surgery:

Indications: After failing a course of nonoperative therapy, the patient elected to undergo the above procedures. The risks and possible complications of the shoulder arthroscopy were discussed in detail with the patient. These risks include, but are not limited to continued pain, lack of motion, infection, vascular injury and nerve injury including axillary nerve dysfunction, reflex sympathetic dystrophy, compartment syndrome, limb loss and death.

The patient expressed an understanding of the risks and possible benefits of the procedure and was also made aware of the alternatives to surgery. An informed consent was obtained, and was checked immediately preop.

Description of Procedure:

The patient was brought to the operating room and placed supine on the operating table. The anesthesiologist administered appropriate anesthesia. The patient was placed in a beach chair position. The head was carefully stabilized. All bony prominences were well-padded. The patient's left upper extremity was prepped and draped in the usual standard surgical fashion. A time out was done. The patient was given IV-antibiotic prophylaxis.

A stab incision was made in the posterior portal site 2 cm distal from the posterior acromion and 2 cm medial. A blunt cannula was passed from the posterior portal site into the glenohumeral joint. The arthroscope was placed. The glenohumeral joint was evaluated. A spinal needle was passed in the anterior portal site into the rotator interval. A small stab incision was made and a probe was placed through the anterior portal site into the glenohumeral joint.

Using arthroscopic visualization, the entire glenohumeral joint was evaluated including the subscapularis, supraspinatus, infraspinatus, biceps tendon, the full labrum including the anterior, superior, posterior and inferior surface. All edges were probed. The surface of the humeral head and the glenoid were evaluated with the arthroscope and a probe. The inferior pouch was also visualized for any unstable lesions.

Synovectomy:

There was synovitis seen with the arthroscope at the anterior portal site, near the rotator cuff and at the margins of the labrum. A synovectomy was completed to smooth margins using a full radius shaver and radiofrequency wand. The synovectomy removed inflammatory synovitis and allowed for full arthroscopic visualization. Hemostasis was maintained. Arthroscopic pictures were taken.

Anterior Labral Tear With No Repair:

Using arthroscopic visualization, a tear was seen in the anterior labrum. The tear was probed and there was firm attachment to the underlying glenoid. The tear was debrided to smooth margins using a full radius shaver and a radiofrequency wand. The anterior labrum was probed again and was well attached to the underlying glenoid. Hemostasis was well maintained. Arthroscopic pictures were taken.

Inferior Labral Tear With No Repair:

Using arthroscopic visualization, a tear was seen in the inferior labrum. The tear was probed and there was firm attachment to the underlying glenoid. The tear was debrided to smooth margins using a full radius shaver and a radiofrequency wand. The inferior labrum was probed again and was well attached to the underlying glenoid. Hemostasis was well maintained. Arthroscopic pictures were taken.

Supraspinatus Tear With No Repair:

Using arthroscopic visualization, there was a tear seen in the supraspinatus insertion of the rotator cuff. The tear was debrided to smooth margins using a full radius shaver and radiofrequency wand. The supraspinatus was then probed and was noted to be stable. No repair was done. Hemostasis was well maintained. Arthroscopic pictures were taken.

Subacromial Decompression With No Acromioplasty:

Using a blunt probe, the cannula and arthroscope was placed in the subacromial space through the posterior portal site. The subacromial space was evaluated. A spinal needle was passed through the lateral portal site approximately 1 cm below the lateral acromion margin. The spinal needle was visualized with the arthroscope and a small stab incision was made. A blunt probe was placed. There was excessive bursitis. A bursectomy was completed using a full radius shaver and radiofrequency wand. The coracoacromial ligament was evaluated under arthroscopic visualization and was impinging on the subacromial surface of the rotator cuff. The coracoacromial ligament was excised using a full radius shaver and radiofrequency wand. Hemostasis was well maintained. The acromion was evaluated and was not impinging on the underlying rotator cuff. A decision was made to avoid an acromioplasty as it was not compressing the underlying rotator cuff. The rotator cuff was fully evaluated from the subacromial space with the arthroscope and a probe. Hemostasis was well maintained. Arthroscopic pictures were taken.

Lysis of the Coracoacromial Ligament:

Using arthroscopic visualization, the coracoacromial ligament was evaluated and was contributing to impingement in the subacromial space and the rotator cuff. The coracoacromial ligament was lysed using the radiofrequency wand. Hemostasis was maintained. Using arthroscopic visualization and a probe, the ligament was no longer causing impingement. Arthroscopic pictures were taken.

Rotator Cuff Tear With No Repair:

The rotator cuff was fully evaluated from the subacromial space using arthroscopic visualization and a probe. A partial tear was seen on the surface. The tear was probed and was not full thickness. There was good coverage of the humeral head. A decision was made to avoid a repair. The subacromial space had adequate space for the underlying rotator cuff. Hemostasis was well maintained. Arthroscopic pictures were taken.

Lysis of Adhesions:

While evaluating the subacromial space, there were several adhesions seen overlying the rotator cuff and acromion. These adhesions were carefully removed using the arthroscopic shaver and radiofrequency wand. A gentle range of motion procedure was done to ensure the adhesions were adequately removed and no restriction of motion was seen. Hemostasis was well maintained. Arthroscopic pictures were taken.

The subacromial space was evaluated once again. No unstable lesions remained. Hemostasis was maintained throughout the procedure. The subacromial space was suctioned. The arthroscope and shaver were removed. The incisions were closed using nylon suture. A sterile dressing was placed. The patient was placed in the supine position, weaned from anesthesia, and brought to the recovery room in satisfactory condition.

PRP Injection:

Blood was drawn from the patient's arm and processed in the centrifuge. Under arthroscopic guidance, the PRP was injected into the left shoulder subacromial space, after the surgical incisions were closed, with the patient still in the operating room.

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Physician Assistant:

Throughout the procedure, I was assisted by a physician assistant, licensed in the State of New York. He assisted in positioning the patient on the operating room table as well as transferring the patient from the operating room table to the recovery room stretcher. He assisted me during the actual procedure with positioning of the patient's extremity to allow for ease of arthroscopic access to all areas of the joint. The presence of physician assistant as my operating assistant was medically necessary to ensure the utmost safety of the patient in the operative, interim and postoperative period.

A handwritten signature in black ink, appearing to read "U.K. Sinha". The signature is written in a cursive, flowing style with a large loop at the end.

U.K. Sinha, MD, MS (Ortho), FAAOS
Board Certified Orthopedic Surgeon