INSIDE-OUT METHOD TO DEVELOP ANTERIOR ARTHROSCOPIC PORTALS OF THE WRIST IN CADAVERIC SPECIMENS

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AN ANTERIOR PORTAL FOR WRIST ARTHROSCOPY

Anatomical study and case reports

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We have found that the standard portals described limit arthroscopic access to and visualization of some areas of the radiocarpal joint. We describe a radial anterior portal, which we believe is useful in the arthroscopic treatment of wrist conditions and describe its use in clinical practice. Journal of Hand Surgery (British and European Volume, 1999) 24B: 4: 445–447

This study aims at systematically describing 4 anterior arthroscopic portals through mini-invasive incisions using inside-out approach from known posterior portals

1 Slutsky DJ. Wrist arthroscopy through a volar radial portal. Arthroscopy. 2002
Slutsky DJ. The use of a volar ulnar portal in wrist arthroscopy. Arthroscopy. 2004
4 arthroscopic anterior wrist portals were studied on 6 hand specimens with an inside/out technique.
RADIAL RADIOCARPAL APPROACH

3/4

RRCA
ULNAR RADIOCARPAL APPROACH

URCA

4/5
MATERIAL

RADIAL MIDCARPAL ANTERIOR

RMCP

RMCA
ULNAR MIDCARPAL ANTERIOR

UMCP

UMCA
No iatrogenic injury to important anatomical structures were noted.

The average range of motion of:
- RRCA was 65° of radial inclination and 71.66° of ulnar inclination
- URCA was 62.5° in radial inclination and 64.16° in ulnar inclination
- RMCA was 61.66° in radial inclination and 60° in ulnar inclination
- UMCA was 59.16° in radial inclination and 68.33° in radial inclination
Results showed it was possible to perform these 4 anterior portals through an inside/out technique with incisions mirroring the posterior portals.

They were easy to perform, safe and seemed useful in indications for ligament or bony intracarpal repairs.