

Executive

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Humerus shaft

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Shortcuts

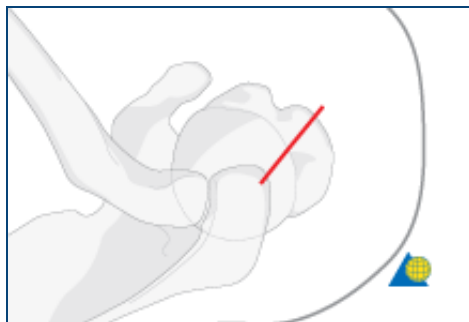
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Anterolateral transdeltoid approach for antegrade nailing

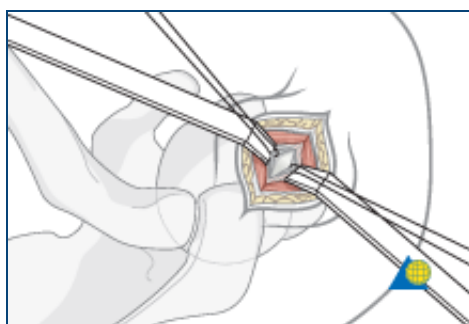


Skin incision

Make a small skin incision from the anterolateral edge of the acromion, distally towards the deltoid insertion.

Incise the subcutaneous

tissue sharply.

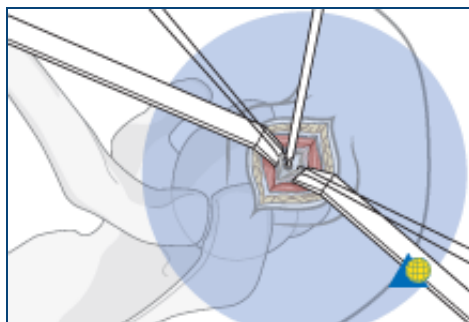


Exposure of the humerus

Split and retract between the deltoid muscle fibers. Incise the supraspinatus tendon in line with its fibers with pointed scalpel blade. Retract both edges with

sutures in the tendon.

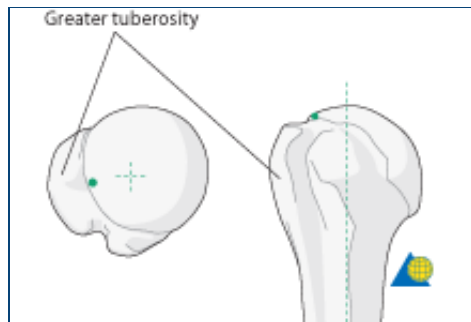
Expose a small part of the humeral head cartilage medial to the greater tuberosity.



Insertion of guide pin

Insert a guide pin through the opening made in the supraspinatus tendon, just at the lateral edge of the humeral articular cartilage, and confirm correct

positioning in two planes, using image intensification.

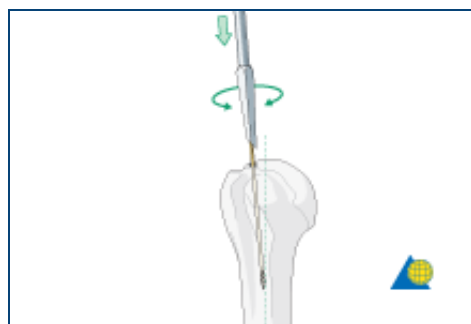


Location of entry point

The ideal entry point is situated medial to the greater tuberosity, which is lateral to the axis of the medullary canal in the AP view and in line with the axis

in the lateral view.

Insert the guide pin into the proximal humerus.

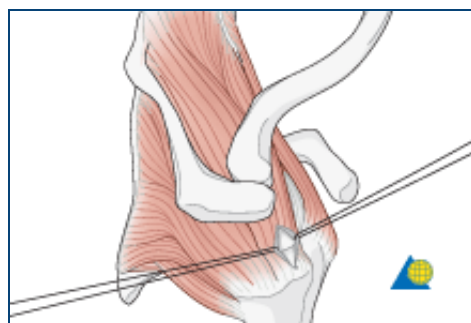


Opening entry portal

Open the proximal end of the humerus using a cannulated awl. Insert it over the guide pin.

An entry portal of about 12 mm diameter is

recommended.



Pitfall: Damage to rotator cuff

Access to the entry site is through the supraspinatus tendon.

Damage to the rotator cuff is minimized by sharp incision.

The edges of the incision are retracted by sutures held by clamps to avoid damage to the tendon.

If reamers are used, they should be passed carefully through the tendon before reaming.

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