

How to Balance Your Total Knee Arthroplasty Implant: From Insall to 2023

Federica Rosso¹, Federico Dettoni, Matteo Bruzzone², Umberto Cottino, Massimo La Russa, Davide E Bonasia, Roberto Rossi

¹AO Ordine Mauriziano, ²Ospedale Mauriziano Umberto I

This video focuses on various techniques to balance a primary total knee arthroplasty implant. First, some basic principles, including relevant anatomy and theories about gaps balancing, are reviewed. Then an overview of historical soft-tissue balancing is provided. Last, the more modern concept of bone-cut total knee arthroplasty balancing is reviewed. This concept has increased in importance with the introduction of technology and robotic surgery.