

Arthroscopic Transtendinous Double-Pulley Remplissage Technique in the Beach Chair Position for Off-Track Hill-Sachs Lesions

Nata Zwi Parnes, Ron Gilat, Carolyn M Hettrich, Hunter Czajkowski

This video presents a comprehensive educational overview of the arthroscopic transtendinous double-pulley Remplissage technique in the beach chair position for off-track Hill-Sachs lesions. It begins with an introduction to the surgical approach and patient selection criteria, followed by a detailed technical demonstration of the procedure. A representative case is used to illustrate intraoperative technique and direct patient outcomes. We then review technique-specific advantages, pearls, and pitfalls. The postoperative rehabilitation protocol is outlined, and case-specific outcomes are reviewed in our institutional series with a minimum four-year follow-up. The program concludes with a literature review providing evidence-based support for the technique. This program aims to offer reproducible and clinically meaningful guidance for orthopaedic surgeons managing off-track Hill-Sachs lesions.