

Combined Fully Arthroscopic Transfer of Latissimus Dorsi and Teres Major for Treatment of Irreparable Posterosuperior Rotator Cuff Tears

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Many treatment options have been proposed for the management of irreparable posterosuperior rotator cuff tears. Among these treatment options, latissimus dorsi tendon transfer may be a good alternative, especially in young patients, before glenohumeral arthritic changes develop, with the goals of rebalancing the shoulder with a functioning subscapularis muscle and restoration of active external rotation and elevation with the aid of a properly functioning deltoid muscle. The technique recently was developed from an open approach to an arthroscopic-assisted approach, with numerous advantages reported. Despite attempts at latissimus dorsi augmentation with the use of allografts or bony chips, no advantage was noted, and results did not improve, with a reported rupture rate of 38%. Therefore, the authors of this video propose a combined fully arthroscopic technique for transfer of the latissimus dorsi and the teres major in patients in whom these tendons are fixed in a flat manner at the junction of supraspinatus and infraspinatus to decrease the failure rate.