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LUtarjet - Limit Unique Coracoid Osteotomy Suture Button Latarjet

Background

The inevitable destruction of the coracoacromial arch in the traditional Latarjet procedure may lead to superior or anterior translation of the humeral head. This study aims to introduce a modified Latarjet technique that preserves the coracoacromial arch and to report its mid- to long-term clinical outcomes.

Methods

We proposed a suture button fixation Latarjet technique that preserves the coracoacromial ligament (CAL) and pectoralis minor (PM), termed the “LUtarjet” procedure. Preoperative measurements of the coracoid process and glenoid morphology were used to design an individualized osteotomy plan. Intraoperatively, only three arthroscopic portals were required, and a limit unique coracoid osteotomy was performed to preserve the coracoacromial arch. The subscapularis was split using a mini-window technique from posterior to anterior, with a split length of only 8–10 mm.

Results

A total of 27 patients (mean age, 25.6 ± 5.4 years) were included. The average surgical duration was 55.6 ± 6.3 minutes, and the mean follow-up period was 98.1 ± 1.5 months. Functional scores significantly improved at the final follow-up. Radiological evaluation demonstrated ideal graft healing and positioning, with very few postoperative complications.

Conclusions

The proposed “LUtarjet” technique is a simple, safe, and effective procedure that not only simplifies the traditional Latarjet surgery but also achieves excellent graft healing, remodeling, and satisfactory clinical outcomes. Moreover, it expands the indications for the Latarjet procedure.

Keywords

Latarjet; Shoulder dislocation; Latarjet; Suture button; coracoacromial arch preservation

Biography

Dr. Wei Lu is the Director of the Sports Medicine Department at Shenzhen Hospital of Southern Medical University, China. He served as an ISAKOS Committee Member for Upper Extremity and Knee Rehabilitation from 2009 to 2019 and is the Chairman of the Shoulder Section of the Chinese Sports Medicine Association. Dr. Lu is widely recognized for his expertise and leadership in sports medicine.