

# Depuy Inhance Shoulder Technique Guide

INHANCE™  
Shoulder  
System

 DePuy Synthes  
THE ORTHOPAEDIC COMPANY OF Johnson & Johnson



## Depuy Inhance Shoulder Technique Guide

The Depuy Inhance Shoulder Technique represents a significant advancement in shoulder arthroplasty, offering surgeons a comprehensive approach to treating various shoulder conditions. This guide aims to provide an in-depth understanding of the techniques, instruments, and considerations necessary for successful implementation of the Inhance system.

## Overview of the Depuy Inhance Shoulder System

The Depuy Inhance Shoulder System is designed to facilitate a range of surgical procedures, including total shoulder arthroplasty (TSA) and reverse shoulder arthroplasty (RSA). This system incorporates innovative features that enhance surgical precision and patient outcomes.

## Key Features of the Inhance System

1. **Modular Design:** The Inhance system offers a modular approach that allows for customization of components according to individual patient anatomy and surgical requirements.
2. **Instrumentation:** Advanced instrumentation is designed to simplify the surgical process, providing better access and visibility during procedures.
3. **Enhanced Stability:** The unique design of the glenoid and humeral components enhances stability and range of motion, contributing to improved post-operative outcomes.

# Indications for Use

The Inhance Shoulder System is indicated for various conditions, including:

- Osteoarthritis
- Rheumatoid arthritis
- Rotator cuff tear arthropathy
- Proximal humeral fractures
- Avascular necrosis of the humeral head

Understanding the specific indications for the Inhance system is crucial for selecting appropriate candidates for surgery.

## Preoperative Considerations

Before proceeding with surgery, a thorough preoperative assessment is essential. This includes:

### Patient Evaluation

- Medical History: Review the patient's medical history, including previous surgeries, comorbidities, and medications.
- Physical Examination: Assess shoulder range of motion, strength, and stability.
- Imaging Studies: Obtain X-rays, MRI, or CT scans to evaluate the extent of the shoulder pathology.

## Setting Surgical Goals

Define clear surgical goals based on the patient's needs, which may include:

- Pain relief
- Restoration of function
- Improvement in range of motion

## Surgical Technique Overview

The surgical procedure using the Inhance system can be broken down into several key steps. Following a structured approach helps ensure optimal outcomes.

## **Step 1: Anesthesia and Positioning**

- Anesthesia: General anesthesia is commonly used, although regional anesthesia may be considered based on the surgeon's preference and the patient's condition.
- Positioning: The patient is typically placed in a beach chair position, allowing optimal access to the shoulder joint.

## **Step 2: Surgical Exposure**

- Incision: A deltopectoral approach is often preferred, as it provides excellent exposure to the shoulder joint.
- Dissection: Careful dissection of the deltoid and pectoralis major muscles is performed to access the shoulder joint while preserving the surrounding soft tissues.

## **Step 3: Glenoid Preparation**

- Glenoid Assessment: Evaluate the glenoid for any defects, osteophytes, or deformities.
- Reaming: Use the specialized reamer from the Inhance instrumentation set to prepare the glenoid surface for implant placement.

## **Step 4: Humeral Head Preparation**

- Resection: Resection of the humeral head is performed using the designated cutting guides to achieve the appropriate resection level.
- Canal Preparation: Prepare the humeral canal using the appropriate broaches to ensure proper fit of the humeral component.

## **Step 5: Implantation**

1. Glenoid Component: The glenoid component is inserted and secured using the provided screws, ensuring optimal alignment and stability.
2. Humeral Component: The humeral component is then implanted, ensuring proper rotation and alignment with the glenoid.

## **Step 6: Closure and Postoperative Care**

- Closure: Carefully close the soft tissue layers, followed by skin closure.
- Postoperative Protocol: Discuss postoperative care, including pain

management, rehabilitation, and follow-up appointments.

## **Postoperative Rehabilitation**

Effective rehabilitation is vital for achieving the best possible outcomes after shoulder surgery. The rehabilitation protocol should be tailored to the individual patient but generally includes:

### **Early Rehabilitation Goals**

- Pain Management: Utilize medications and modalities to manage pain effectively.
- Range of Motion Exercises: Initiate gentle range of motion exercises to prevent stiffness.

### **Progressive Strengthening**

- Strengthening Program: Gradually introduce strengthening exercises once the initial healing phase has progressed, focusing on rotator cuff and scapular stabilization.
- Functional Training: Include functional training exercises to assist patients in returning to daily activities.

## **Complications and Considerations**

While the Inhance shoulder technique is designed to minimize complications, surgeons must be aware of potential issues that may arise, including:

- Infection
- Dislocation
- Component loosening
- Nerve injury

### **Preventative Measures**

To mitigate risks, consider the following:

- Sterile Technique: Always adhere to strict sterile techniques during surgery.
- Component Positioning: Ensure proper positioning of implants to minimize the risk of dislocation.

- Patient Education: Educate patients about activity restrictions and signs of complications during the recovery process.

## **Conclusion**

The Depuy Inhance Shoulder Technique provides an innovative approach to shoulder arthroplasty, offering surgeons the tools necessary to address a variety of shoulder conditions effectively. By understanding the system's features, preoperative considerations, surgical steps, and rehabilitation protocols, healthcare professionals can enhance patient outcomes and improve quality of life for individuals suffering from shoulder ailments. Proper training and adherence to the outlined techniques are essential for achieving success with the Inhance system, ultimately leading to better patient satisfaction and improved functional results.

## **Frequently Asked Questions**

### **What is the Depuy Inhance Shoulder Technique Guide?**

The Depuy Inhance Shoulder Technique Guide is a comprehensive resource designed to provide surgeons with detailed instructions and best practices for performing shoulder surgeries using Depuy Synthes products.

### **What types of shoulder surgeries does the Inhance Technique Guide cover?**

The Inhance Technique Guide covers various shoulder surgeries, including total shoulder arthroplasty, reverse shoulder arthroplasty, and shoulder stabilization procedures.

### **How can the Inhance Technique Guide improve surgical outcomes?**

By providing step-by-step procedures, anatomical insights, and recommended implant options, the Inhance Technique Guide aims to enhance surgical precision, reduce complications, and improve overall patient outcomes.

### **Are there any specific tools or implants recommended in the Inhance Technique Guide?**

Yes, the guide includes specific recommendations for Depuy Synthes implants and surgical instruments tailored for the various shoulder procedures discussed.

## Is the Inhance Technique Guide available in digital format?

Yes, the Inhance Technique Guide is available in both print and digital formats, allowing surgeons to access it on various devices for convenience during procedures.

## Who can benefit from using the Depuy Inhance Shoulder Technique Guide?

Orthopedic surgeons, surgical residents, and healthcare professionals involved in shoulder surgery can benefit from the Inhance Technique Guide, as it provides valuable insights and standardized procedures.

## What recent advancements are included in the latest version of the Inhance Technique Guide?

The latest version includes updated surgical techniques, new implant designs, enhanced imaging considerations, and evidence-based practices to reflect current advancements in shoulder surgery.

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