



What is minimally invasive surgery?

The term minimally invasive has only recently been attracting headlines for the public and press. Minimal or less invasive surgery (also referred to as MIS) is generally a means or methods of doing surgery that has shorter incisions, causes less tissue trauma and allows patients to recover more quickly. An example of MIS is arthroscopic surgery, which has been around for many years. For the last several years, better implants and devices have become available allowing increasingly complex surgical procedures to be done with arthroscopic assistance. Examples would be complicated knee ligament reconstructions and rotator cuff surgery. It should be noted that the long term success or results of any procedure performed using minimally invasive techniques when appropriate in order to ease the recovery of the patient and get back to work, school or family a little sooner. The surgeons at Performance Orthopedics are expertly trained in a wide array of minimally invasive surgical techniques.

Who is a candidate for minimally invasive surgery?

That will depend on the type of surgery and other factors. Each patient has to be evaluated on an individual basis. For most surgical procedures around the shoulder, knee and elbow there are MIS techniques. This would include many rotator cuff repairs, instability surgery, knee ligament reconstruction, cartilage injury and others. Other factors that are taken into consideration include:

- Patient size and health
- The specific problem being addressed
- The technical considerations of the problem found at the time

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