

EDITORIAL

JBJS EST EDITOR'S CHOICE AWARD WINNERS FOR 2022

In keeping with our tradition of recognizing the best articles each year, *JBJS Essential Surgical Techniques (EST)* is pleased to announce the 2022 award winners:

- Key Procedures Series Award: Drs. Carlos Gamba and Albert Ginés-Cespedosa for “Proximal Medial Gastrocnemius Release: Surgical Technique”¹
- Subspecialty Series Award: Drs. Suhas Dasari and Nikhil Verma for “Subacromial Balloon Spacer, Indications, Rationale, and Technique”²

For our Key Procedures article series, Gamba and Ginés-Cespedosa aptly demonstrate a release of the medial gastrocnemius to reduce tension in the Achilles-calcaneus-plantar system associated with conditions such as recalcitrant plantar fasciitis. Although some may consider this to be a minor procedure from a technical standpoint, the authors emphasize that a strong understanding of the local anatomy allows surgeons to perform the procedure with minimal dissection while avoiding complications. They provide high-quality diagrams and videos and list several important tips for surgeons to consider before, during, and after surgery in order to achieve favorable outcomes.

For our Subspecialty Procedures article series, Dasari and Verma describe the appropriate use of a novel, saline-solution-filled balloon implant for the treatment of one of the most challenging rotator cuff pathologies: the massive, irreparable tear. Outcomes of the procedure have been reported in randomized clinical trials³ performed in both the U.K. by the START: REACTS team and the U.S. by the SPACE group. The authors provide video demonstration of the proper insertion and positioning of the balloon. Simultaneous split-screen video of both the surgeon's view and the arthroscope view help viewers to understand the nuances of the procedure.

We congratulate the winners of the 2022 Editor's Choice Award for Key Procedures and Subspecialty Procedures, and look forward to another year of exemplary contributions to the orthopaedic literature in 2023. *JBJS EST* is dedicated to optimizing the educational experience and improving patient care worldwide by providing accessible, concise video articles backed by evidence-based outcomes and *JBJS* peer review.

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Disclosure: The **Disclosure of Potential Conflicts of Interest** form is provided with the online version of the article (<http://links.lww.com/JBJS/EST/A414>).

References

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3. Metcalfe A, Parsons H, Parsons N, Brown J, Fox J, Gemperlé Mannion E, Haque A, Hutchinson C, Kearney R, Khan I, Lawrence T, Mason J, Stallard N, Underwood M, Drew S; START:REACTS team. Subacromial balloon spacer for irreparable rotator cuff tears of the shoulder (START:REACTS): a group-sequential, double-blind, multicentre randomised controlled trial. *Lancet*. 2022 May 21;399(10339):1954-63.