

How you position yourself at the start of the case is very important. Our practice is to have our bodies at right angles: the tibia to femur, femur to spine, and humerus hanging freely (basically perpendicular) to the forearm. You should be comfortable in this position on the foot pedals and looking through the microscope.

Focus the microscope under the maximum magnification. The reason for this is to eliminate as much accommodation as you may have, which will affect the vision of your assistant and the video screen. Once set, you may adjust the magnification to what you desire. The video camera should remain in focus, meaning you have corrected for accommodation. Also make sure the oculars are adjusted to "Plano" and not to a minus or plus correction.