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Functional Outcome of Arthroscopic Bankart repair for anterior Shoulder Instability

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Aim: Bankart lesion is the common cause of anterior shoulder instability in sports injuries. The purpose of this study was to evaluate the functional outcome of arthroscopic Bankart repair for anterior instability of shoulder joint.

Methodology: It was a retrospective study done at Hand and Upper Limb Surgery (HULS) Center, CMH Lahore Medical College, Lahore, Pakistan, from January 2017 till July 2018. We included 60 patients who underwent arthroscopic Bankart repair with the help of anchor sutures. Pre-operative assessment included detailed history, physical examination, joint hyper laxity, plain radiographs, MR arthrogram and in some cases CT scan of the involved shoulder joint. Post operatively, functional outcome was evaluated by complete examination of both shoulders in terms of range of motion, Rowe score, Oxford shoulder instability score and Constant score. Comparison was made with the normal one. Data was analyzed with SPSS ver. 21.

Results: There were 57 male and 3 females with mean age at the time of operation 41.35 ± 13.86 (range 17-78) years. Right side was involved in 66.7% and dominant side in 70% patients. All patients were followed for minimum one year and mean follow up was 18.25 ± 3.5 (range 11-22) months. At last follow up the mean Rowe score was 92.48 ± 6.5 and 88.3% (53), 8.3% (5), 3.3% (2) belong to excellent, good and fair group respectively. Mean Oxford shoulder instability score was 43.03 ± 5.99 and 83.4% (50), 13.3% (8) and 3.3% (10) belong to excellent, good and fair group respectively. Mean Constant score was 91.7 ± 11.6 and 80% (48), 10% (6) 6.7% (4) and 3.3% (2) belong to excellent, good, fair and poor group respectively.

Conclusion: This study shows arthroscopic shoulder stabilization is an expedient procedure with excellent results for recurrent shoulder dislocation. We strongly recommend it for anterior instability of shoulder joint.