

Arthroscopic Bankart Lesion Repair for the Treatment of Anterior Instability of the Shoulder

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Introduction

The purpose of this current study is to evaluate the clinical efficacy of the arthroscopic treatment for stabilization of the shoulder.

Material and Methods

Arthroscopic Bankart lesion repair with use of the suture anchors and non-absorbable suture materials was performed in thirty consecutive patients who had anterior instability of the shoulder. The average age of the patients was thirty eight (range, seventeen to seventy nine) years. There were twenty eight males and two females. In all the patients, the Bankart lesions were repaired by using the suture anchors and non-absorbable suture materials. The follow-up evaluation was performed an average of thirty eight (range, seventeen to seventy nine) months postoperatively. The UCLA shoulder rating scale and the modified Rowe scale were used for evaluation of the clinical results. Statistical evaluation was made using Independent Samples T-test.

Result

In the UCLA shoulder rating scale, pain scale was improved from 6.5 before operation to 9.5 after operation ($p < 0.000$), function scale, from 8.2 to 9.9 ($p < 0.000$), forward flexion scale, from 4.95 to 5 ($p = 0.330$), and strength scale was 5 before and after operation. In the modified Rowe scale, pain scale was improved from 5.75 before operation to 9.5 after operation ($p = 0.000$), stability scale, from 0.75 to 29.25 ($p = 0.000$), motion scale, from 9.75 to 10 ($p = 0.330$) and function scale, from 37.75 to 49 ($p = 0.000$). All of the shoulders were fully functional, and there were no limitation of motion including external rotation.

One patient (3.3%) had positive apprehension test but no subluxation in three weeks after operation due to a traumatic reinjury during fall, which was fixed by an additional operation.

Conclusion

Arthroscopic stabilization with the suture anchors and non-absorbable suture materials is a very effective treatment method of traumatic anterior instability of the shoulder.

Key word: Shoulder, Instability, Bankart lesion, Arthroscopy, Suture anchor