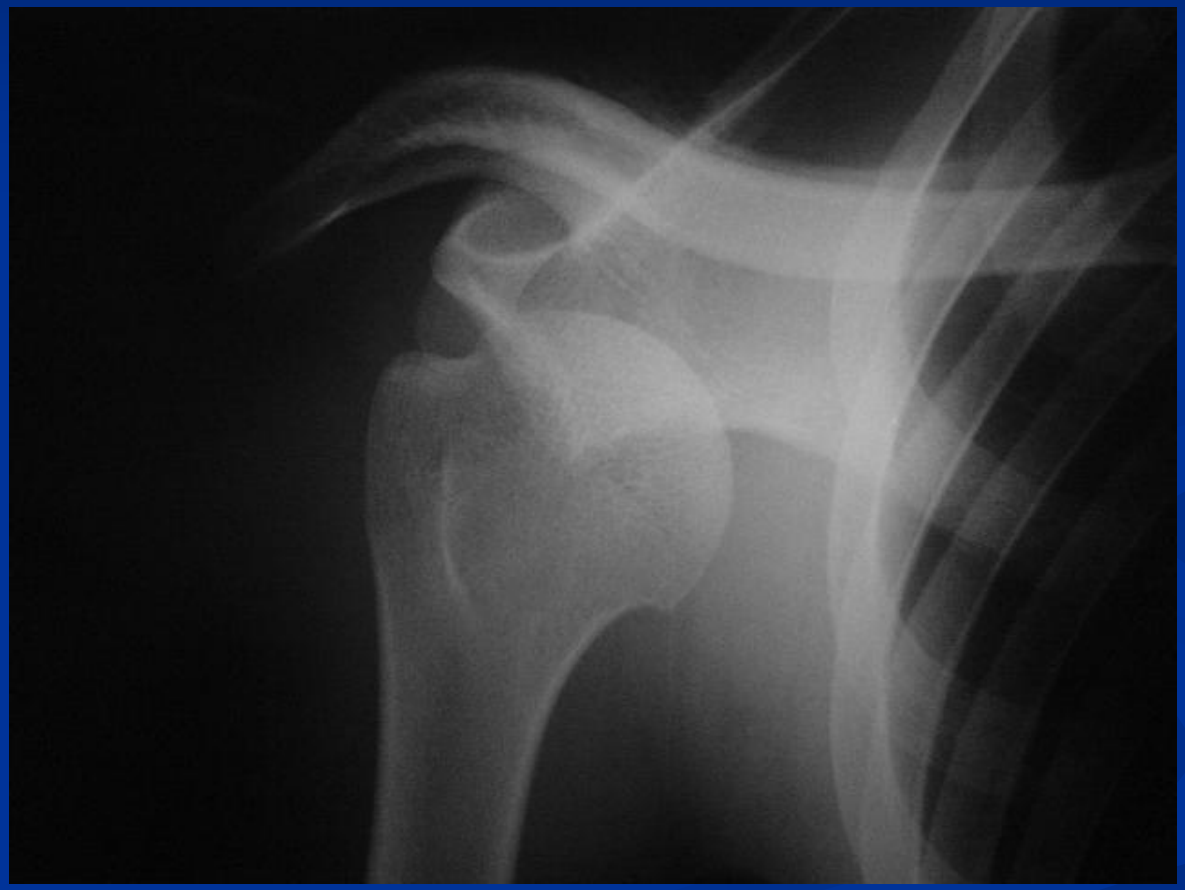
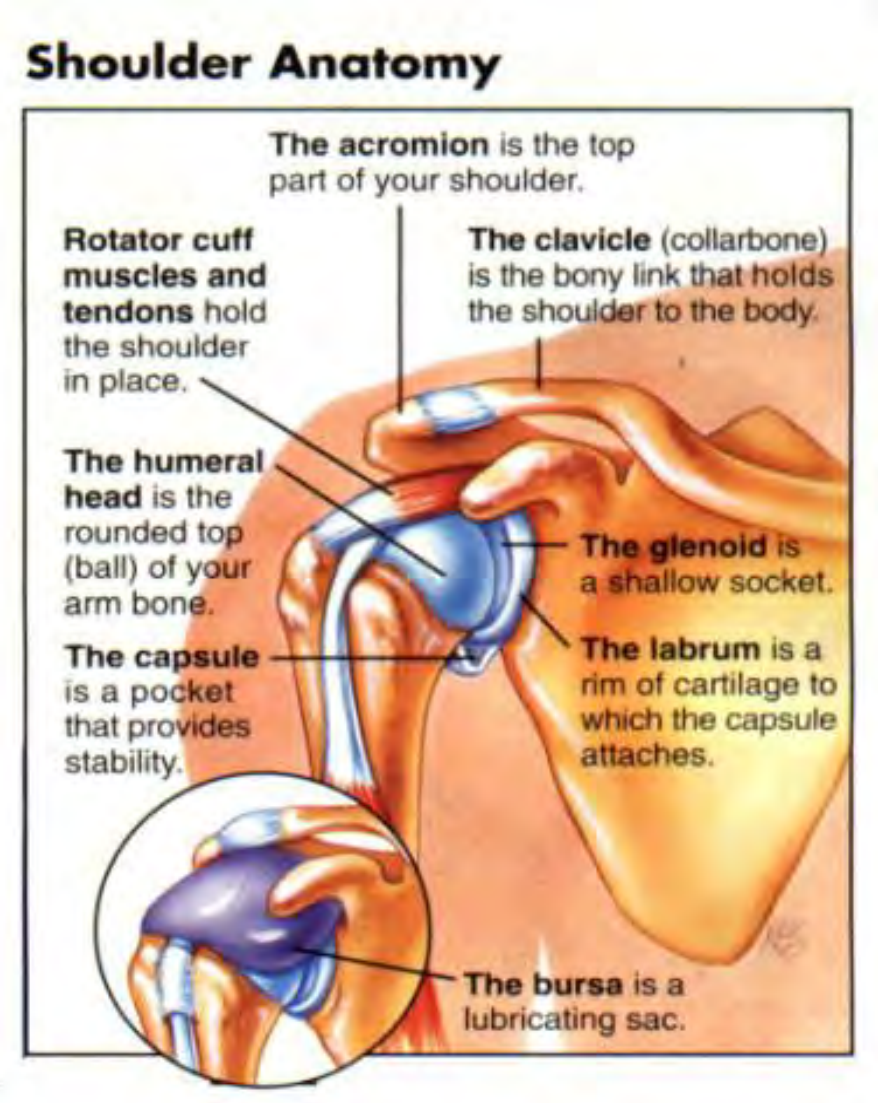
Bankart Lesion



Normal Anatomy

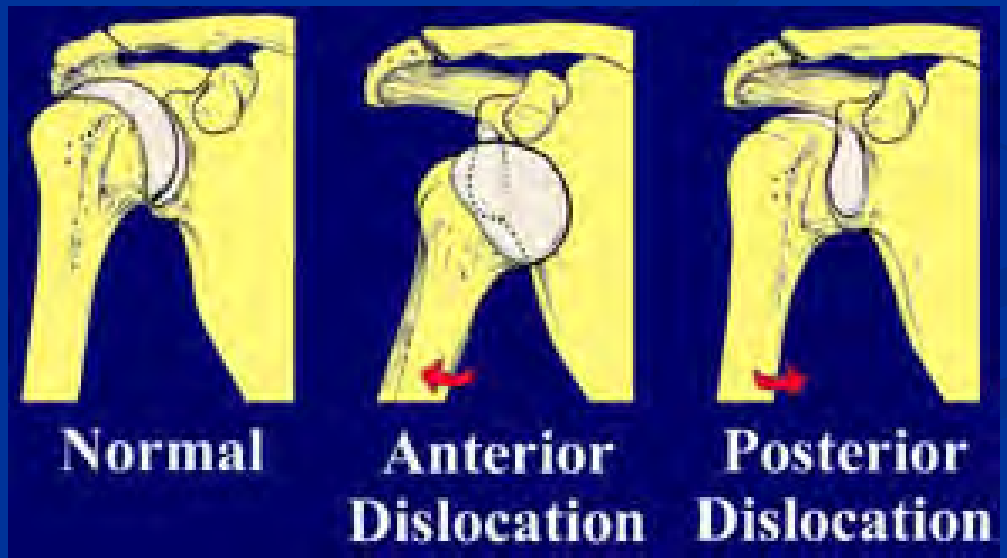
- Shoulder is a ball and socket type joint
- Joint is surrounded by many ligaments and muscles to support the joint
- The labrum is a structure that attaches to the socket to help increase stability of the joint

Normal Anatomy



Injury

- With trauma to the shoulder the joint may dislocate
- Most commonly dislocated joint in the body
- Most common direction of dislocation is anterior

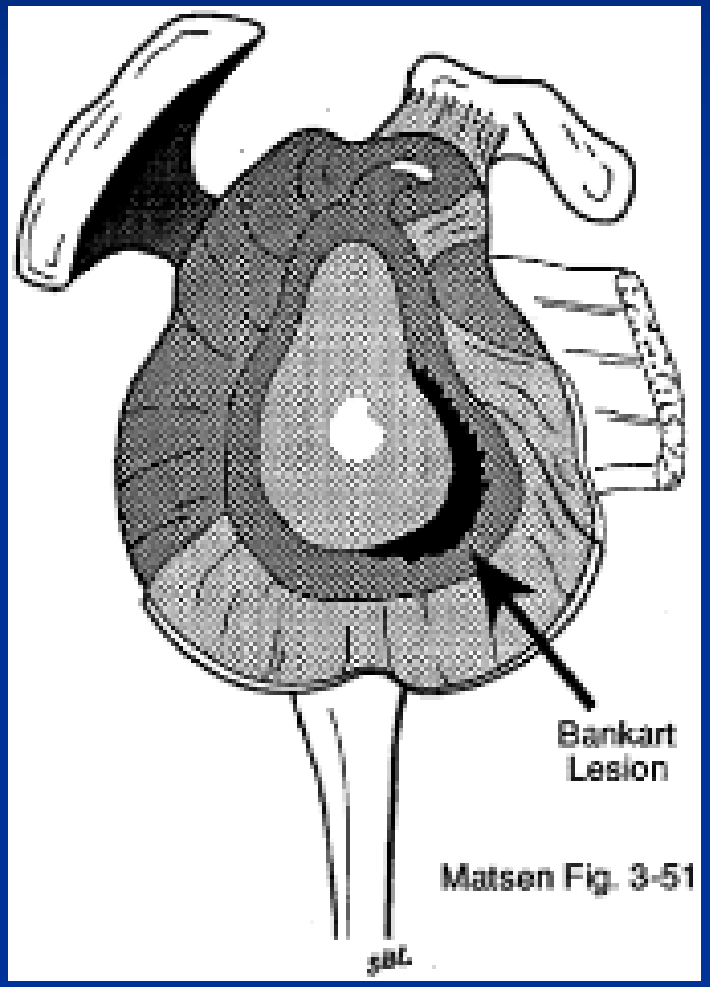


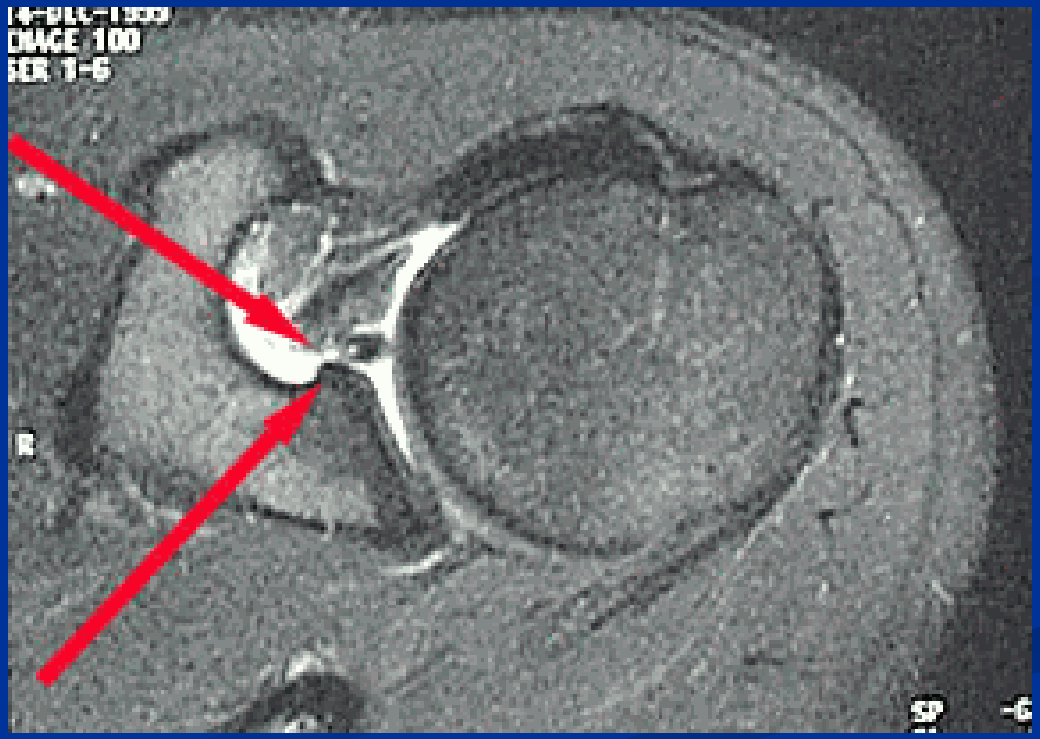
Bankart Lesion

- As the humerus dislocates the labrum may be torn
- This is referred to as a Bankart Lesion
- Named for the English surgeon who originally described it

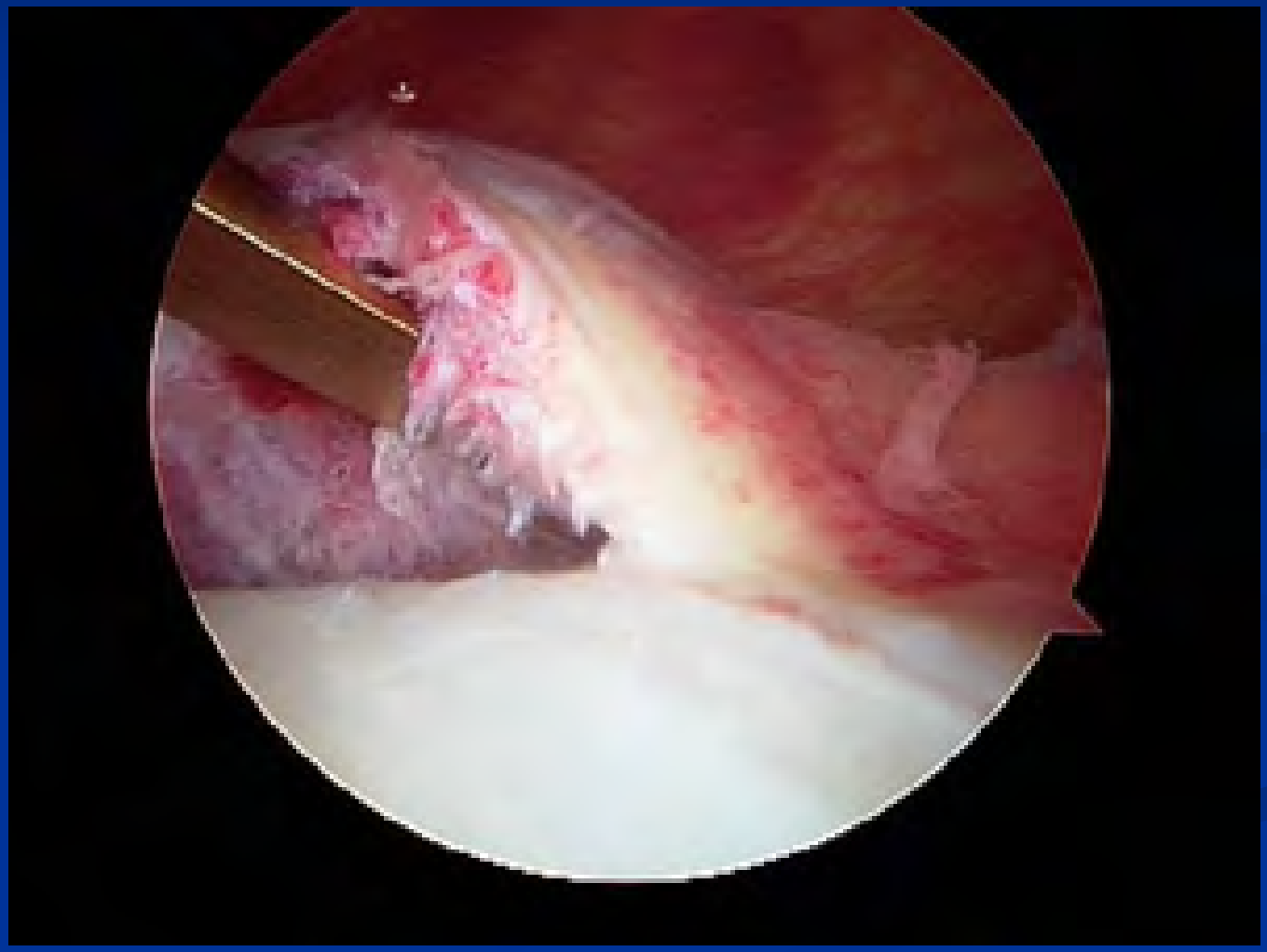
Bankart Lesion

Bankart Lesion





Bankart Lesion

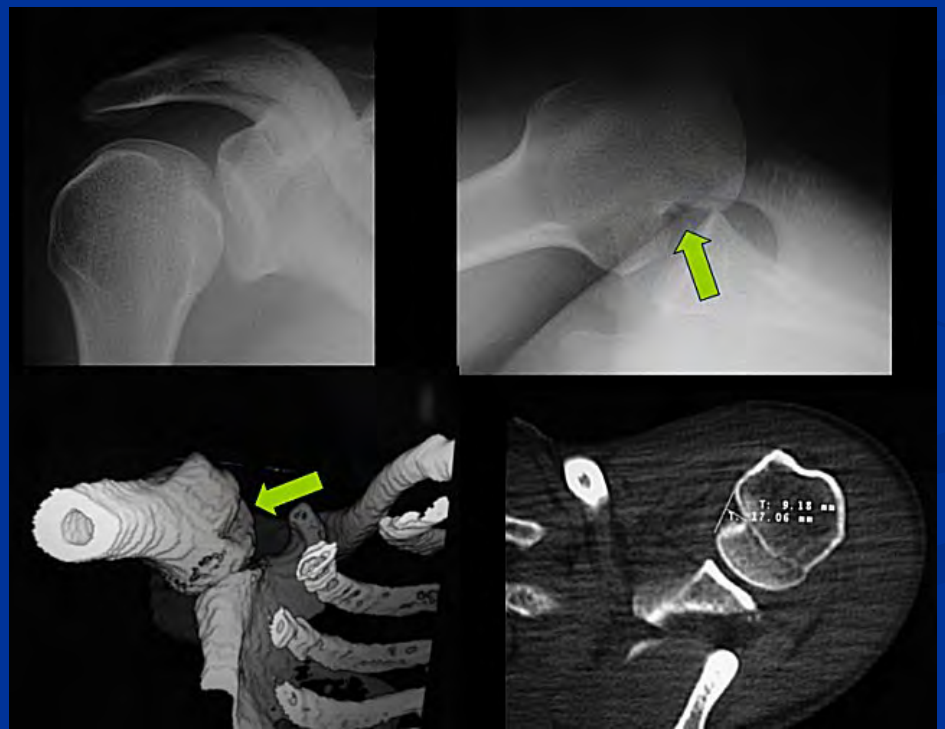


Bankart Lesion

- Occasionally a bony piece of the socket will fracture off with the labrum; called a "bony Bankart" lesion

Hill-Sachs lesion

- After anterior dislocation can also have damage to the humeral head as glenoid drives into it
- This is called a Hill-Sachs lesion



Bankart Lesion

- These lesions can make shoulder unstable and lead to recurrent instability and repeat dislocations

- Incidence of repeat dislocations is related to age

  -patient < 20 yrs old 80-90%

  -patients 20-30 yrs old 50-75%

  -patients >40 yrs old lower rates of repeat dislocations, higher rate of rotator cuff tear

Treatment

- Can try non-operative treatment initially

  -Immobilization in external rotation brace can allow labrum to potentially heal in its normal position

Treatment

- Must wear brace for 3 weeks continuously
- After 3 weeks in the brace will begin physical thearpy to regain ROM and strenghten shoulder

Recurrence of Instability

- Despite non-operative treatment may have a recurrence of instability
- Can lead to multiple dislocations and wear of the anterior glenoid
- Recurrent dislocations can effect quality of life

  -lead to apprehension and pain

  -inability to work

  -inability to participate in hobbies or sports

Operative Treatment

- If having recurrent instability surgery is indicated
- Benefits of surgery:

  -allows for stabilization of shoulder and reduce chance of dislocations

  -less apprehension and more confidence in range of motion

  -can improve quality of life and return to normal activities

Operative Treatment

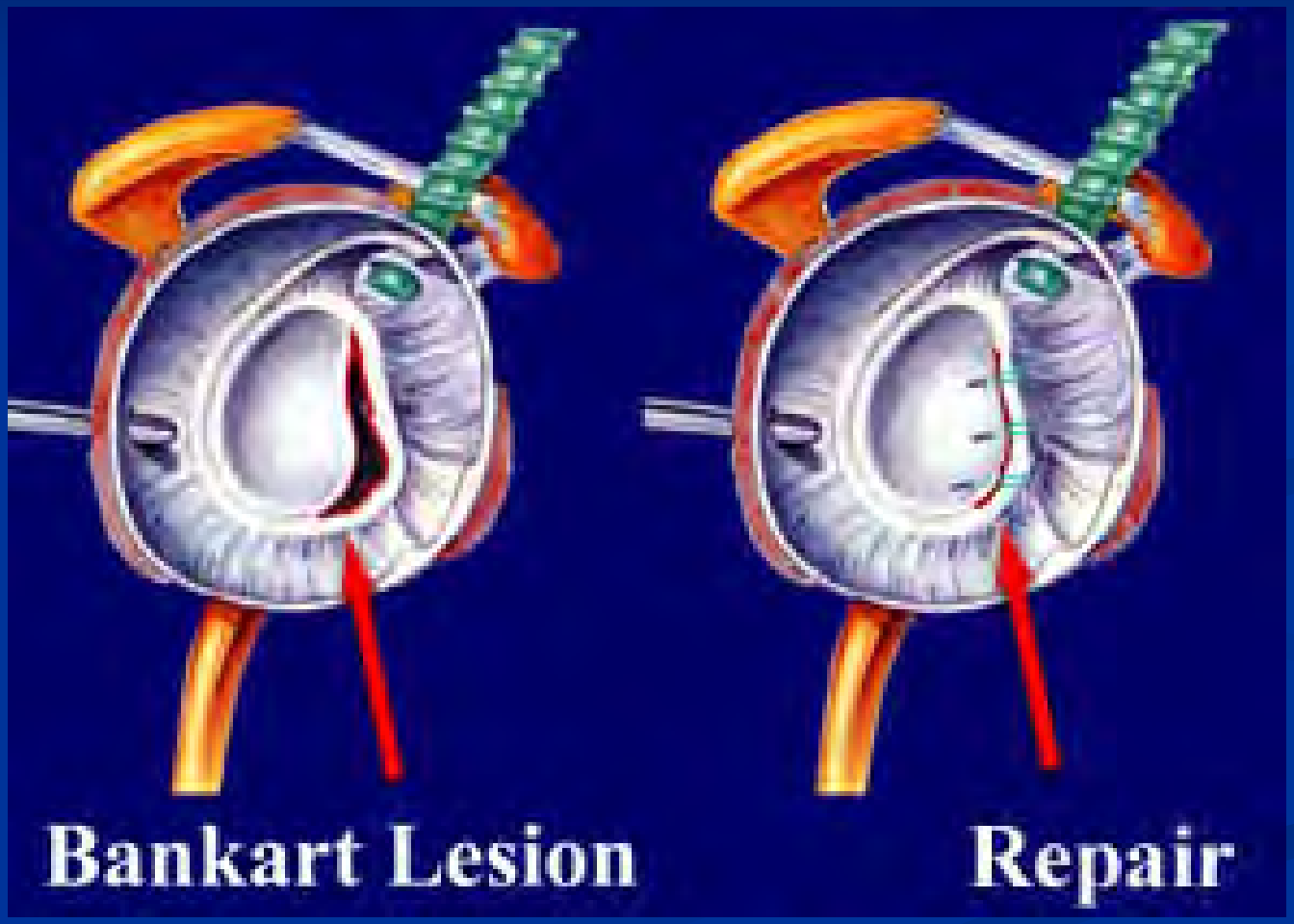
- Surgery is done arthroscopically

  -small incisions with limited morbidity

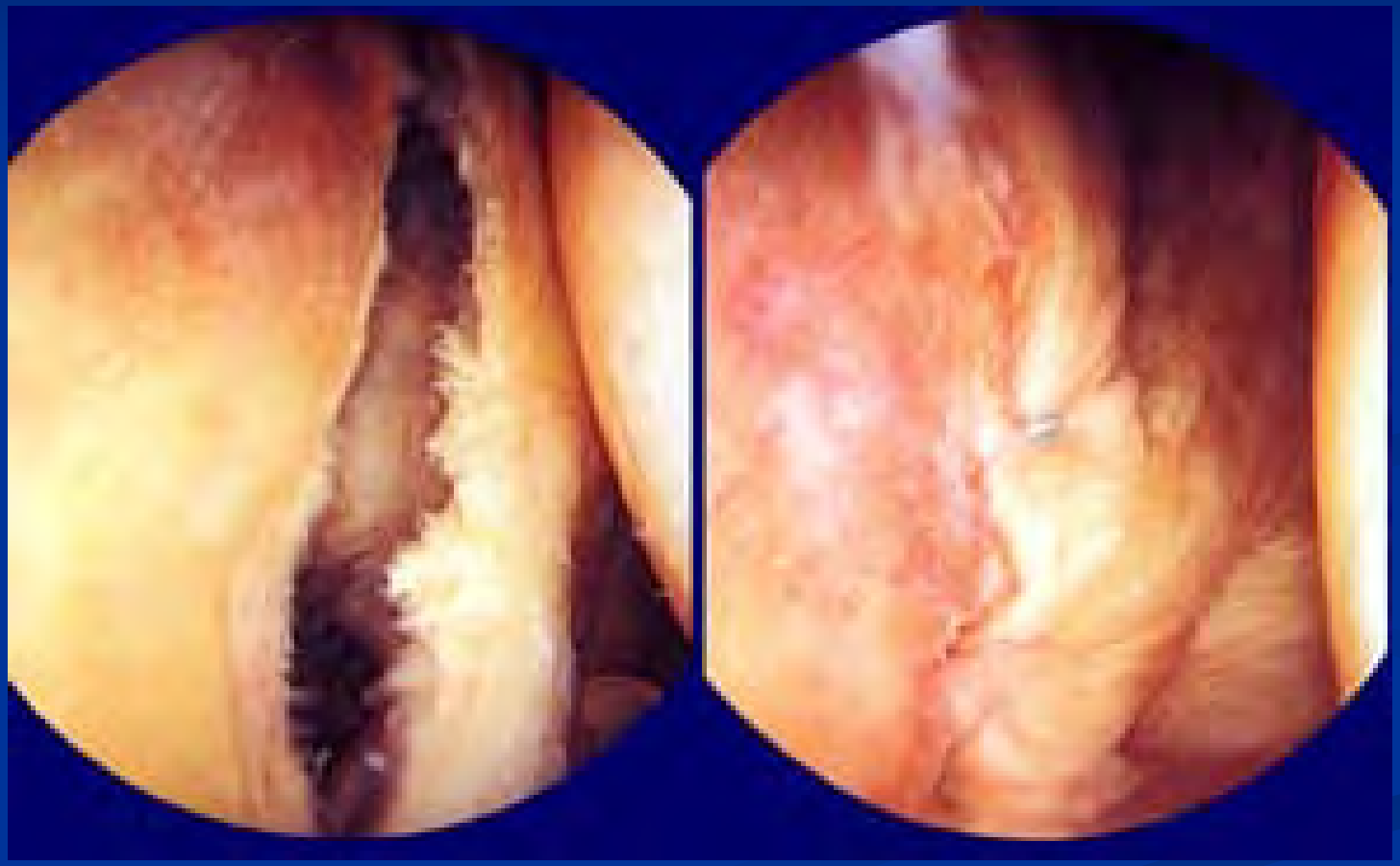
  -labrum is repaired using anchors and sutures

  -same day surgery

Operative Treatment



Operative Repair



Post-op

- After surgery you are placed in external rotation brace for 3 weeks
- Come out of brace only to work on pendulum exercises

Post-op

- At 3 weeks begin working on active assisted range of motion with physical therapy
- 10 weeks post op can begin gentle lifting
- At 6 months can return to activity as tolerated

Results of Surgery

- Most patients do well after surgery
- Satisfactory outcomes occur in greater then 90% of patients in most studies
- Majority of patients are able to return to pre-injury activities

Results of Surgery

- Rate of recurrence after surgery estimated between 5%-15%

Recurrence is higher in:

-patients with bony bankart

-patients with large Hill-Sachs lesion

-patients with generalized laxity

(Boileau)

Complications

- Loss of motion-most commonly external rotation
- Infection
- Nerve injury
- Cartilege injury
- Arthritis
- Arterial Injury
- Risks of Anesthesia