Second Look Arthroscopy Following Arthroscopic Shoulder Anterior Instability Reconstruction

Emmanuel Antonogiannakis, Christos K. Yiannakopoulos, George Babalis, Dimitrios Kostopoulos, Gerasimos Gialas, Elias Mataragas, Ioannis Chiotis

2nd Orthopaedic Department, General Army Hospital, Athens, Greece

Introduction

- Shoulder instability involves a spectrum of pathogenetic mechanisms and displays a variety of pathological findings on arthroscopic evaluation.

- The evolution of arthroscopic shoulder examination significantly broadened our understanding

Purpose

The purpose of this paper was to describe the morphology of the healing process of the Bankart lesion following arthroscopic shoulder reconstruction.

Patients - Methods

- Between 2003 and 2004 second look arthroscopy was performed in 14 patients who had undergone arthroscopic shoulder instability repair between 12 and 15 months earlier.
- In 4 patients the operation was performed to treat failure of the initial procedure, 1 for shoulder stiffness, 1 for disengagement of a metallic anchor, while the rest of the patients volunteered to have the second examination.
- All operations were carried out in the lateral decubitus position, and recorded.

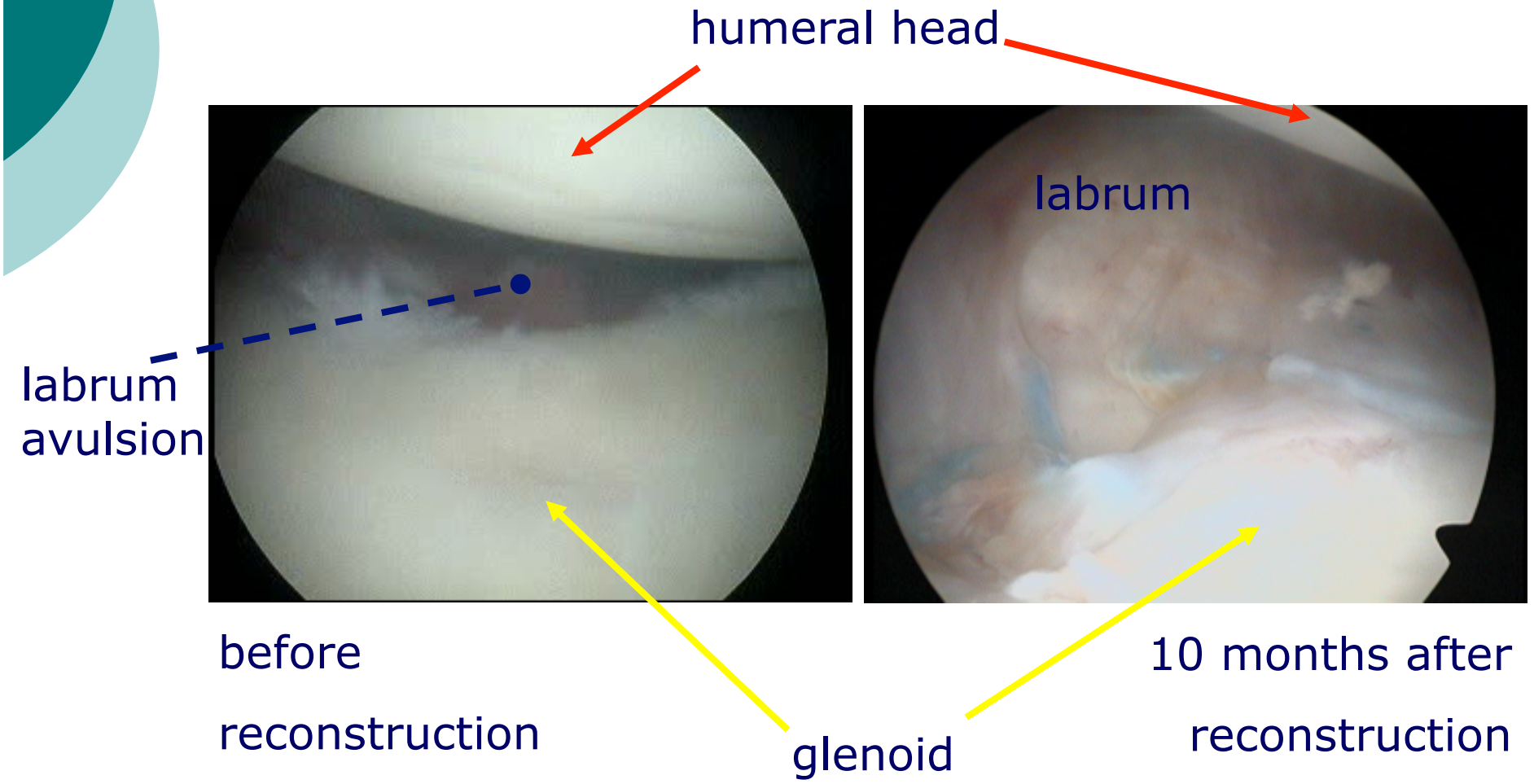
Results

- In all patients a Bankart lesion was evident during the index operation, which was advanced to the glenoid rim and fixed with suture anchors.
- The lesion had healed in all patients where it was initially advanced.
- Firm fixation between the labrum and the glenoid rim was ascertained. In conclusion, second look arthroscopy confirmed the clinically proven notion that the Bankart lesion, when fixed properly, heals well leading to an improved clinical result.

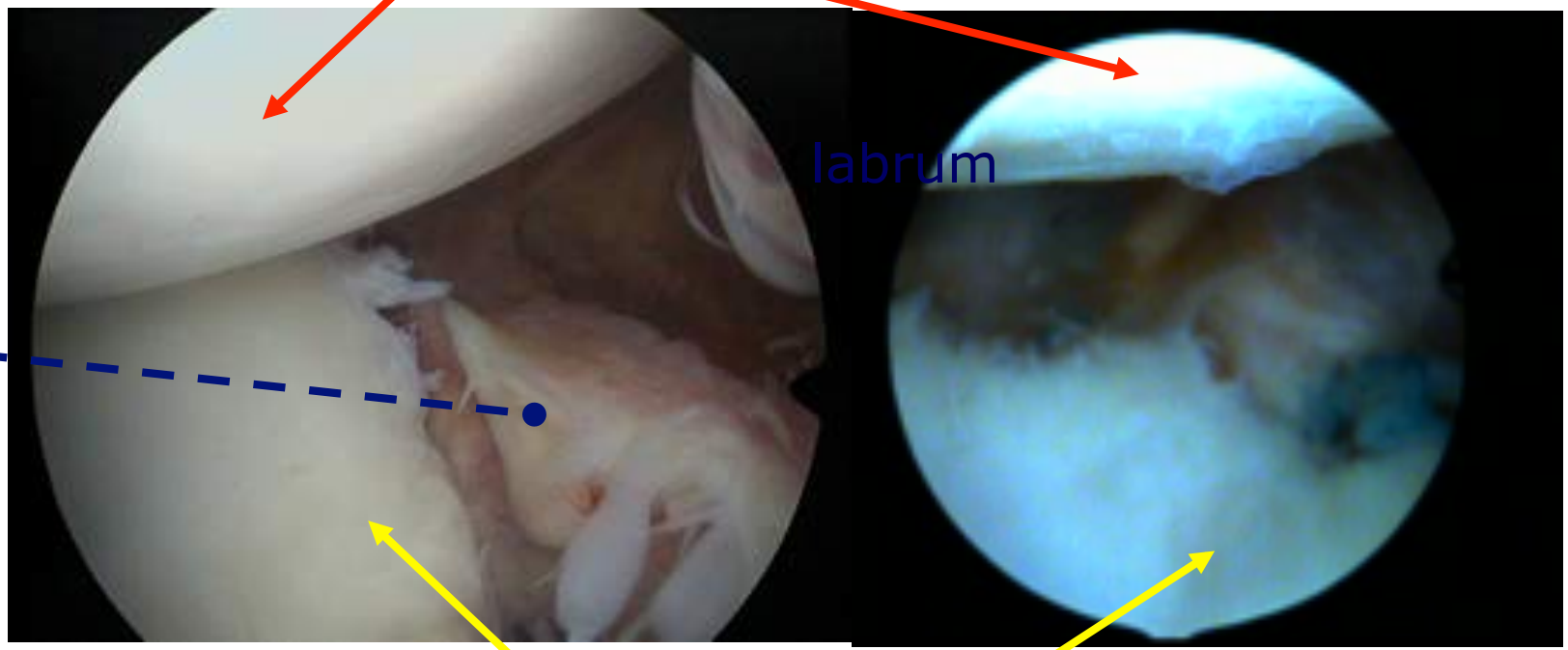
Results

- The suture anchor holes and many knots were covered with fibrous tissue
- In patients with limitation of external rotation the rotator interval was significantly contracted
- In all cases absorbable sutures were completely absorbed

Case 1


humeral head
labrum
labrum avulsion
before reconstruction
glenoid
10 months after reconstruction

Case 2


humeral head
labrum
labrum avulsion
before reconstruction
glenoid
6 months after reconstruction

Conclusion

Second look arthroscopy confirmed the clinically proven notion that the Bankart lesion, when fixed properly, heals well leading to an improved clinical result.

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