

ARTHROSCOPIC BANKART REPAIR FOR RECURRENT ANTERIOR INSTABILITY OF THE SHOULDER: A SURVIVAL ANALYSIS

ABSTRACT

Background Despite continued improvements to techniques for arthroscopic interventions in recurrent shoulder instability, concerns remain over increased rates of postoperative recurrence of instability when compared with established open procedures. Survival analysis of a retrospective case series in this study aimed to identify current rates of failure in arthroscopic Bankart repair and any statistically significant risk factors for instability recurrence.

Methods Over an 81 month period 240 patients (216 men and 24 women, mean age 26.9 years; range 15-54 years) were followed up for a mean of 56 months (range 3-116 months).

Results On survivorship analysis overall failure rate was 13.8%, of which 66% fell within the first two years after surgery. Overall only 5% patients ultimately underwent surgical revision. No specific patient-related or injury-related variable could be proven as statistically significant to recurrence within this cohort of data.

Conclusions Overall failure rate of 13.8% is comparable to current findings of similar studies. Patients remain at relatively high risk of recurrent instability for two years after surgery, followed by a further 4 years of intermediate risk, after which they are at relatively low risk. With an overall revision rate of 5%, arthroscopic intervention is becoming a competitive alternative to open surgery.

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