

# ARTHROSCOPIC FINDINGS IN CHRONIC ANTERIOR SHOULDER INSTABILITY

*C.K. YIANNAKOPOULOS, K. KARLIAFTIS, E. ANTONOGIANNAKIS*

*G. BABALIS, C. KARAMBALIS, G. GIALAS, P. EFSTATHIOU,*

*A. ILIADIS*

2<sup>nd</sup> Orthopaedic Department  
401 General Army Hospital  
Athens, Greece

# INTRODUCTION

- ✓ The spectrum of intraarticular shoulder joint injuries in acute and chronic instability is variable.
- ✓ Apart from anterior glenoid detachment lesions involving the humeral head, the biceps tendon and the glenohumeral ligaments may be encountered
- ✓ We present the arthroscopic findings in a group of young patients with chronic anterior shoulder instability



# PATIENTS

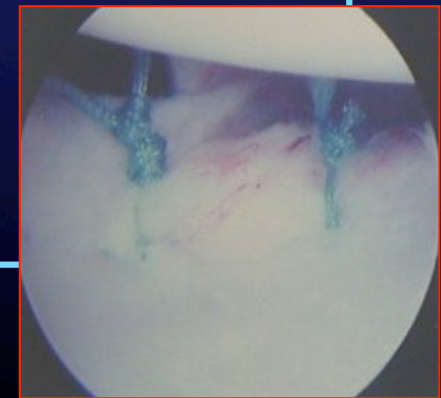
Time period: *1999-2002*

Patients: *76*

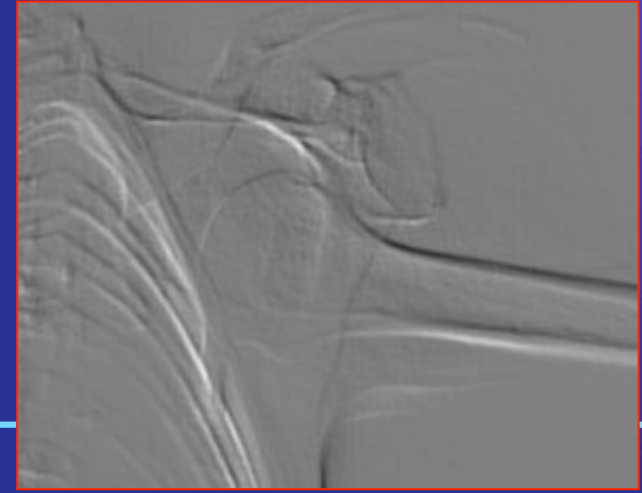
Gender: *male soldiers*

Age: *18-30 years*

Operation: *Reconstruction*



# PATIENTS



Mean time between 1<sup>st</sup> dislocation-operation:

***2-10 years***

Number of dislocations-subluxations:

***9-50***

# PATIENTS - METHODS



1. Evaluation under anesthesia

2. Arthroscopic assessment

3. Reconstruction: *arthroscopic* **59 patients**

*open*

**17 patients**

## FINDINGS

BANKART LESION

*71 patients (93,42%)*

HILL-SACHS LESION

*42 patients (55,25%)*



## FINDINGS

HAGL LESION

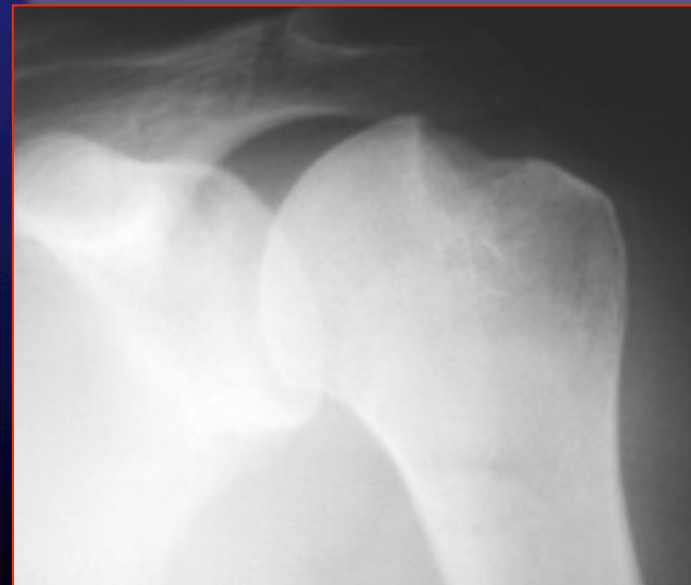
*2 patients (2,6%)*

SLAP LESION

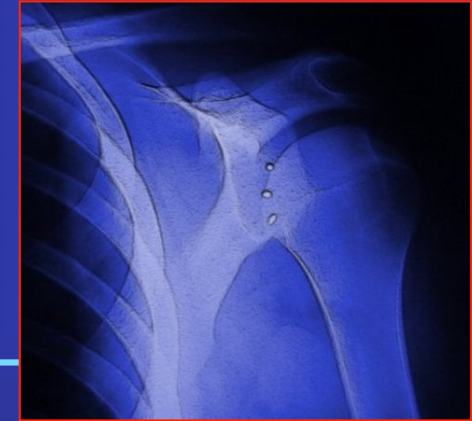
*16 patients (21,05%)*

LOOSE BODIES

*7 patients (9,21%)*



## CONCLUSION



*Lesions involving the labrum  
(bankart lesion, SLAP lesion)  
and the posterior aspect of the humeral head  
(Hill-Sachs lesion)  
are more often encountered  
in patients with chronic anterior instability  
while ligament injuries and intraarticular degeneration  
are less common*



# REFERENCES

1. Arciero RA, St Pierre P. Acute shoulder dislocation. Indications and techniques for operative management. Clin Sports Med 1995 Oct;14(4):937-53
2. Hintermann B, Gachter A. Arthroscopic assessment of the unstable shoulder. Knee Surg Sports Traumatol Arthrosc 1994;2(2):64-9
3. Hintermann B, Gachter A. Arthroscopic findings after shoulder dislocation. Am J Sports Med 1995 Sep-Oct;23(5):545-51
4. Jahnke AH Jr, Greis PE, Hawkins RJ. Arthroscopic evaluation and treatment of shoulder instability. Orthop Clin North Am 1995 Oct;26(4):613-30
5. Norlin R. Intraarticular pathology in acute, first-time anterior shoulder dislocation: an arthroscopic study. Arthroscopy 1993;9(5):546-9
6. Taylor DC, Arciero RA. Pathologic changes associated with shoulder dislocations. Arthroscopic and physical examination findings in first-time, traumatic anterior dislocations. Am J Sports Med 1997 May-Jun;25(3):306-11
7. Wall MS, O'Brien SJ. Arthroscopic evaluation of the unstable shoulder. Clin Sports Med 1995 Oct;14(4):817-39
8. Wolf EM, Cheng JC, Dickson K. Humeral avulsion of glenohumeral ligaments as a cause of anterior shoulder instability. Arthroscopy 1995 Oct;11(5): 600
9. Youssef JA, Carr CF, Walther CE, Murphy JM. Arthroscopic Bankart suture repair for recurrent traumatic unidirectional anterior shoulder dislocations. Arthroscopy 1995 Oct;11(5):561-3