Second Look Arthroscopy
Following Arthroscopic Shoulder Anterior Instability Reconstruction

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

before reconstruction

glenoid

10 months after reconstruction

labrum
Case 2

humeral head

labrum

labrum avulsion

before reconstruction

6 months after reconstruction

glenoid

before reconstruction

reconstruction

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.
References


