Arthroscopic Inferior to Superior Capsular Shift Results in Superior Clinical Outcomes Compared to Arthroscopic Bankart Repair For the Treatment of Anterior Capsulolabral Tears After Shoulder Dislocation

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Disclosures

Dr. Jose Castillo de la Peña:

- Nothing to disclose.

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Arthroscopic Bankart technique has been the gold standard in North America for the past few decades

- Suture anchor technique
- 3-4 anchors
- Capsular plication
- Attempted plication of tissue from inferior to superior









Arthroscopic Bankart Repair With Inferior to Superior Capsular Shift in Lateral Decubitus Position



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Arthroscopic inferior to superior capsular shift (aka capsular Shift) - pearls:

- No disruption of osseous anatomy
- Less pain than osseous stabilization procedures
- More stability than a traditional Bankart repair







Purpose

To compare the outcomes of the patients who received capsular shift with those treated with Bankart repair (i.e., gold standard) for traumatic anterior shoulder instability with two-year follow-up







Patient Selection











Demographics

Variables	Bankart Repair	Capsular Shift	P values
Ν	27	38	-
Age	29.8±10.2	30.5±11.2	n.s.
Clinical follow-up, years	5.4±1.1	2.6±1.2	<0.001
BMI	25.1±3.3	25.3±5.1	n.s.
Male	22 (81.5%)	32 (84.2%)	n.s.







Both groups had comparable WOSI scores, but Capsular shift has higher percentage of patients who met MCID



Capsular shift had more successfully repaired



Both groups had comparable pre-operative glenoid AP dimensions and HS dimensions in depth and ML direction

	Bankart Repair	Capsular Shift	P values
Glenoid AP mm	23 6+3 5	24 5+2 4	ns
	20.0-0.0	27.342.7	11.3.
HS deep mm	3.9±1.3	3.6±1.0	n.s.
HS M-L mm	19.3±5.9	20.1±3.4	n.s.







Capsular shift seems more beneficial

- Capsular shift resulted in better outcomes at >2 years after surgery
 - Capsular shift had a lower percentage of apprehension/dislocation
 - Capsular shift had a higher percentage of patients who met MCID of WOSI scores
- These better results may be caused by the fact that capsular shift can help address capsular volume reduction
- Capsular volume reduction (Eberbach et al., 2021)
 - is an uncontrolled parameter in terms of anterior arthroscopic shoulder stabilization
 - Can be addressed by arthroscopic Bankart repair with an individualized capsular shift because this enabled the restoration of physiological capsular volume conditions







Summary

- Capsular shift technique showed better results at average 2-year follow-up as compared to Bankart repair
 - Low recurrence rate
 - Low apprehension rate
 - More percentage of patients who met MCID of WOSI scores



(Buckley & Wong, 2021)







References

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