Postoperative Recovery Comparisons of Arthroscopic Bankart to Open Latarjet For The Treatment Of Anterior Glenohumeral Instability

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Background: Anterior Glenohumeral Instability

• Incidence:
  • 22 first-time dislocations per 100,000 population

• Increased risk for recurrence:
  • Younger age, competitive sports, male gender, glenoid bone loss, hill sachs, ligament laxity

• Surgical treatment options:
  • Bankart
  • Latarjet

Bankart versus Latarjet

Recurrent Instability: 29% vs 3%
Revision for instability: 21% vs 1%
Background: Bankart versus Latarjet

Short-Term Complications of the Latarjet Procedure

Anup A. Shah, MD, R. Bryan Butler, MD, James Romanowski, MD, Danny Goel, MD,
Dimitrios Karadagli, FRCS, and Jon J.P. Warner, MD

Investigation performed at Massachusetts General Hospital/Harvard Medical School, Boston, Massachusetts

A systematic review and meta-analysis of clinical and patient-reported outcomes following two procedures for recurrent traumatic anterior instability of the shoulder: Latarjet procedure vs. Bankart repair

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No comparative studies evaluating the early recovery following Bankart versus Latarjet
Purpose:

- To evaluate the early post-operative recovery following Bankart versus open Latarjet
Methods: Bankart versus Latarjet

- Surgical Outcomes System (SOS) database (Arthrex Inc. Naples, FL)
- Minimum 1 year follow-up
- Three cohorts
  - Primary Bankart (n = 787)
  - Revision Bankart (n = 36)
  - Open Latarjet (n = 75)
- Demographics
  - No difference in age, gender, ethnicity, BMI
## Results: Bankart versus Latarjet

<table>
<thead>
<tr>
<th></th>
<th>Pre-op</th>
<th>6 months</th>
<th>1 year</th>
<th>2 years</th>
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<tbody>
<tr>
<td><strong>VAS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Latarjet</td>
<td>2.28</td>
<td>1.88</td>
<td>1.23</td>
<td>0.90</td>
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<tr>
<td>Primary Bankart</td>
<td>4.48</td>
<td>1.57</td>
<td>1.50</td>
<td>1.45</td>
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<tr>
<td>Revision Bankart</td>
<td>4.08</td>
<td>1.53</td>
<td>2.77</td>
<td>2.88</td>
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<tr>
<td><strong>ASES Function</strong></td>
<td></td>
<td></td>
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<tr>
<td>Latarjet</td>
<td>18.80</td>
<td>23.26</td>
<td>25.58</td>
<td>26.27</td>
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<tr>
<td>Primary Bankart</td>
<td>16.38</td>
<td>23.54</td>
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<tr>
<td>Revision Bankart</td>
<td>15.36</td>
<td>21.00</td>
<td>21.93</td>
<td>20.57</td>
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<td><strong>SANE</strong></td>
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<tr>
<td>Latarjet</td>
<td>43.69</td>
<td>73.28</td>
<td>74.30</td>
<td>81.13</td>
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<tr>
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<td>74.22</td>
<td>78.66</td>
<td>78.89</td>
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<td>Revision Bankart</td>
<td>35.58</td>
<td>69.39</td>
<td>71.23</td>
<td>59.71</td>
</tr>
</tbody>
</table>

P < 0.05
Results: Bankart versus Latarjet

![Graph showing VAS Pain Score over time since surgery (months) for Primary Bankart, Latarjet, and Revision Bankart.]
Results: Bankart versus Latarjet

- Primary Bankart
- Latarjet
- Revision Bankart

ASES Shoulder Function vs. Time since surgery (months)
Results: Bankart versus Latarjet

![Graph showing SANE scores over time since surgery for Primary Bankart, Latarjet, and Revision Bankart procedures.](image-url)
Conclusions: Bankart versus Latarjet

- **Primary Bankart and Latarjet**
  - Both treatments provide improved pain and function
  - No difference between techniques

- **Revision Bankart versus Latarjet**
  - Latarjet provides improved pain and function at nearly all time-points

- **Overall:**
  - Latarjet is a reasonable treatment in the primary setting and should be favored over revision Bankart.
Thank you for your time!