Round Table Discussion

Charles J. Gatt, Jr., MD
Moderator

Life In Motion
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Case 1: Management of an adolescent athlete with a 1x anterior shoulder dislocation who wishes to return to sports

- An 15 y.o athlete anteriorly dislocates their shoulder for the first time.
  - The shoulder was reduced
  - X-ray is normal

- Would you send this patient for an MRI?
- What is your recommendation for treatment?
- What factors do you consider most important in your decision?
- When would you allow this athlete to RTP?
Case 2: What is the long term impact of repetitive shoulder dislocations?

- What is the impact of repetitive shoulder dislocations on the gleno humeral joint?
- How many dislocations is too many?
- Impact on bone?
- Neurologic impact?
“No one who has ever seen this typical lesion exposed at operation could possibly doubt that the only rational treatment is to reattach the glenoid ligament to the bone from which it has been torn.”

Bankart, Cantab 1923
Arthroscopic vs Open Bankart

• Arthroscopic w/ new technique similar results to open
  – Use of arthroscopic increasing
  – Use of Open decreasing
    • Am Board of Orthop Surgery Certification Exam 2015
    • Botoni AJSM 2006

• Significantly higher recurrence rate arthroscopic
  – Young Males w/ Hill-Sachs Lesion
  – Involvement in contact sports
    • Mohtadi JBJS 2014
**Arthroscopic vs Open Bankart**

**Pro**
- Open
  - Good exposure
  - Easy to tighten up
- Arthroscopic
  - Earlier motion
  - Do not disrupt subscapularis
  - No significant scar

**Con**
- Open
  - Subscapularis
  - Scar
- Arthroscopic
  - Technically challenging
  - Higher recurrence rate
Case 4: Failed Shoulder Repair with Bone Loss

- Bone Loss of glenoid +/- humeral head
  - Hill-Sachs Lesions
  - Fracture fragment / bone loss glenoid
  - Complicates stability

- Options:
  - Bankart – Soft Tissue
  - Laterjet – Corocoid Osteotomy
  - Remplissage – Tack Infraspinatus to fill humeral lesion
  - Eden-Hybinett – Auto/Allograft, iliac crest, osteochondral allograft
  - Provencher – Distal Tibial allograft
Failed shoulder repair with bone loss

Laterjet

Bankart

Remplissage

Eden-Hybinett
Failed Shoulder Repair with Bone Loss
Case 4: Failed Shoulder Repair with Bone Loss

- How much bone loss is problematic?
- What are the “best” options?
- How does bone loss impact rehab and return goals?
Case 5: Quarterback with a 3rd Degree AC Separation

- What are the treatment options?
  - Conservative vs Operative
- Does the decision making change if senior starter, in season vs younger QB?
3rd Degree AC Separation

- Projected length of conservative disability?
- What is the length of disability following surgical repair?
- Impact on throwing?
- Long term impact on shoulder function?
Case 5: Are chronic rotator cuff tears fixable?

- Partial vs Full Thickness Tears
- Acute vs Degenerative Tears
  - Fall/Lifting injury
  - Tendon weakens w/ age
  - Usually dominant Arm
- Factors that contribute to tears
  - Repetitive Stress
  - Lacks good blood supply
  - Bone Spurs/Impingement
Case 6: Are Chronic Cuff Tears Fixable?

- Options?
  - Conservative vs surgical
  - Injections
  - Biologics?
- When do you consider surgery?
  - Open
  - All-Arthroscopic
  - Mini- Open
- Surgical Risks
- Realistic expectations for pain/function?
This concludes our meeting

• Thank you for your attention.
• Please complete course evaluation and credit request
• Your feedback is important and greatly appreciated.