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Anterior Shoulder Instability

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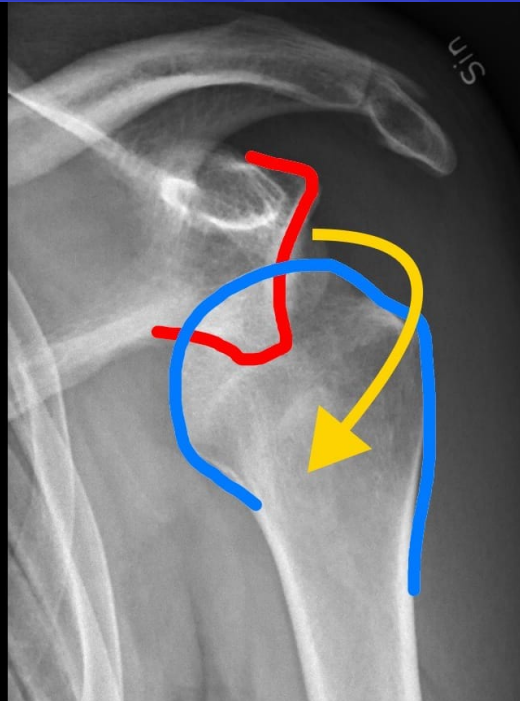
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Anterior shoulder dislocation

AP view



- Humeral head
- Glenoid fossa

GEEKYMEDICS.COM



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Anterior Shoulder Instability



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My Talk

- Anatomy
- History / Examination
- Imaging
- Scoring / Decision Making
- Surgery
- Rehabilitation



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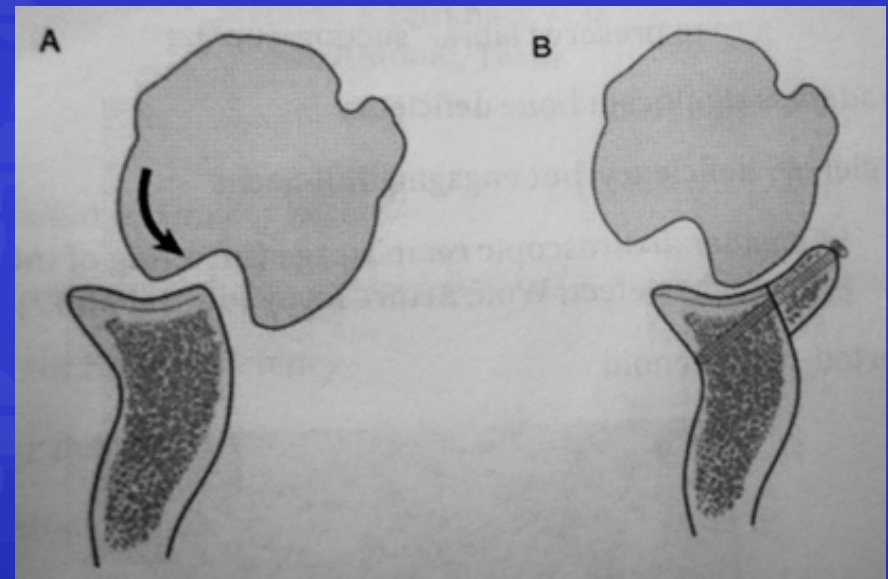
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What is the 'best' operation for shoulder instability?



Deciding which operation is needed

- Capsule injury
- Labral tear
- Bone injury
 - Glenoid
 - Humeral head



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Imaging

- True AP Shoulder (Glenoid)
- Axillary lateral
- AP shoulder in ER (Hill Sachs)

- MRI Arthrogram
- CT with 3d recons

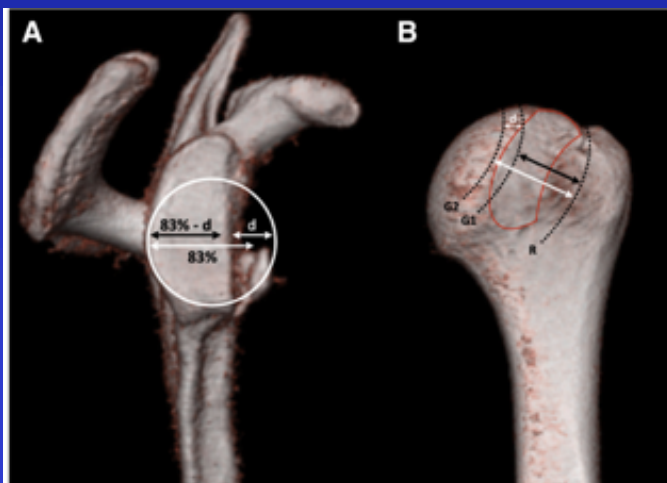


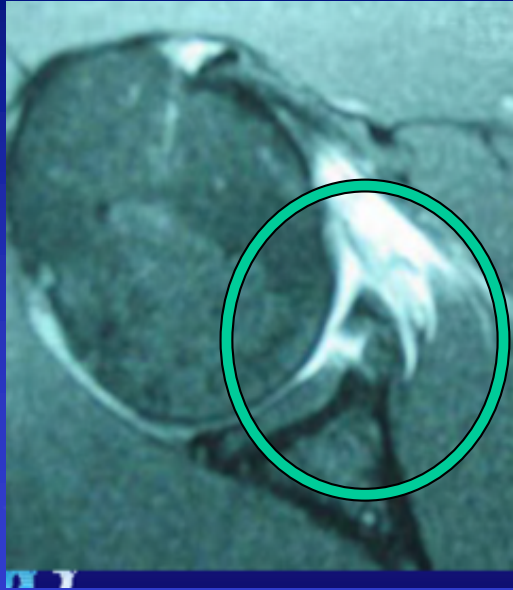
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Assessment of bone damage

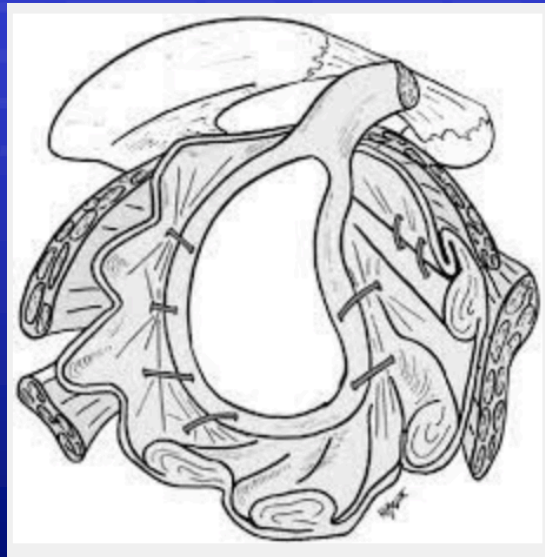




Capsule Injury Only

- Older patient
- Ligamentous Laxity

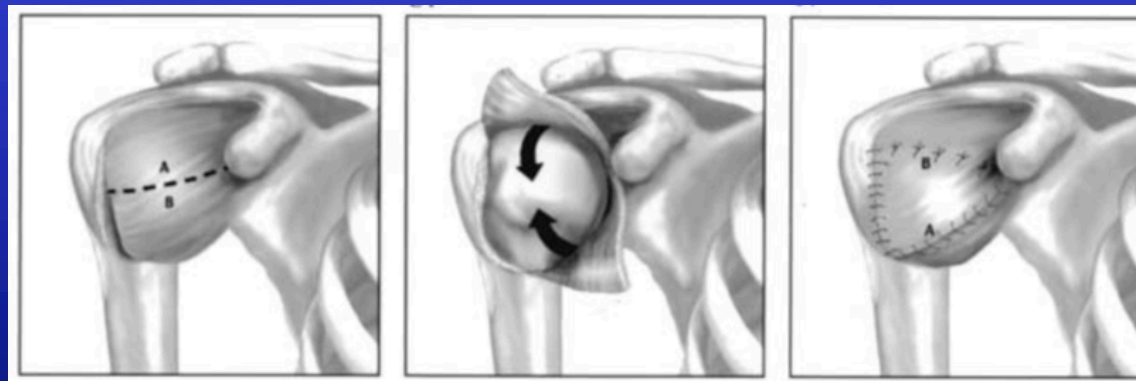
Arthroscopic Pan Capsular Plication



Capsule Injury Only

- Young patient
- Contact sport

Open Capsular Shift



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The French Method



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ISIS Score



The instability severity index score

A SIMPLE PRE-OPERATIVE SCORE TO SELECT PATIENTS FOR ARTHROSCOPIC OR OPEN SHOULDER STABILISATION

Prognostic Factors	Points
Age at Surgery (y)	
≤20	2
>20	0
Degree of Sport Participation (preoperative)	
Competitive	2
Recreational or none	0
Type of Sport (preoperative)	
Contact or forced overhead	1
Other	0
Shoulder Hyperlaxity	
Shoulder hyperlaxity (anterior or inferior)	1
Normal laxity	0
Hill-Sachs on AP Radiograph	
Visible in external rotation	2
Not visible in external rotation	0
Glenoid Loss of Contour on AP Radiograph	
Loss of contour	2
No lesion	0
Total (points)	10

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ISIS vs GTIMS

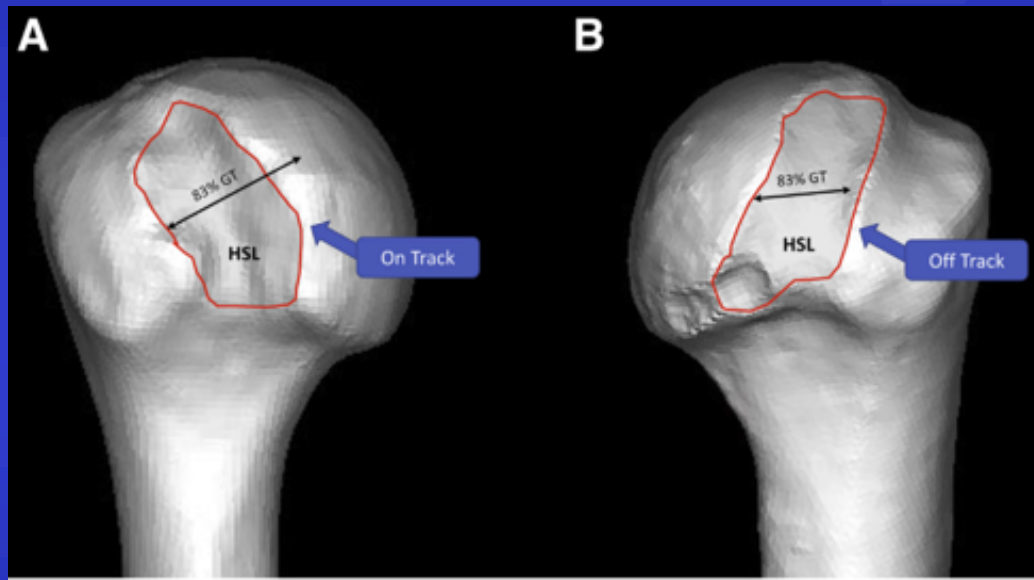


Table 2. Non-bone Loss Factors Were the Same in ISIS and GTIMS

GTIMS Prognostic Factors	Score
Age at surgery (years)	
≤ 20	2
> 20	0
Type of sport	
Contact or forced overhead	1
Other	0
Level of competition in sport	
Competitive	2
Recreational or none	0
Shoulder hyperlaxity	
Confirmed anterior or inferior hyperlaxity	1
Normal laxity	0
Evaluation of bone loss on 3D CT	
"On-Track"	0
"Off-Track"	4
Total GTIMS	10

NOTE. Bone loss was evaluated on 3D reconstructed shoulder CT scans and categorized as "on-track" or "off-track" in GTIMS.

3D, Three-dimensional; CT, computed tomography; GTIMS, Glenoid Track Instability Management Score.

Glenoid Track Instability Management Score:
Radiographic Modification of the Instability Severity
Index Score  

Giovanni Di Giacomo M.D., Liam A. Peebles B.A., Mattia Pugliese M.D., M.Sc., Travis J. Dekker M.D., Petar Golijanin B.S., Anthony Sanchez B.S. and Matthew T. Provencher CAPT

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Why not Latarjet?

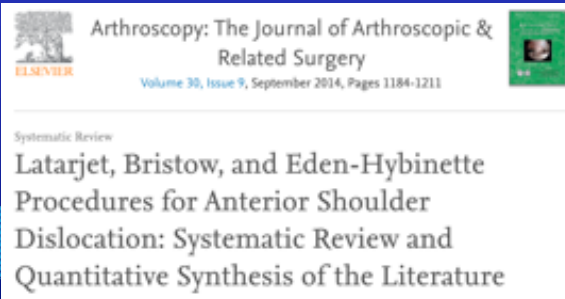
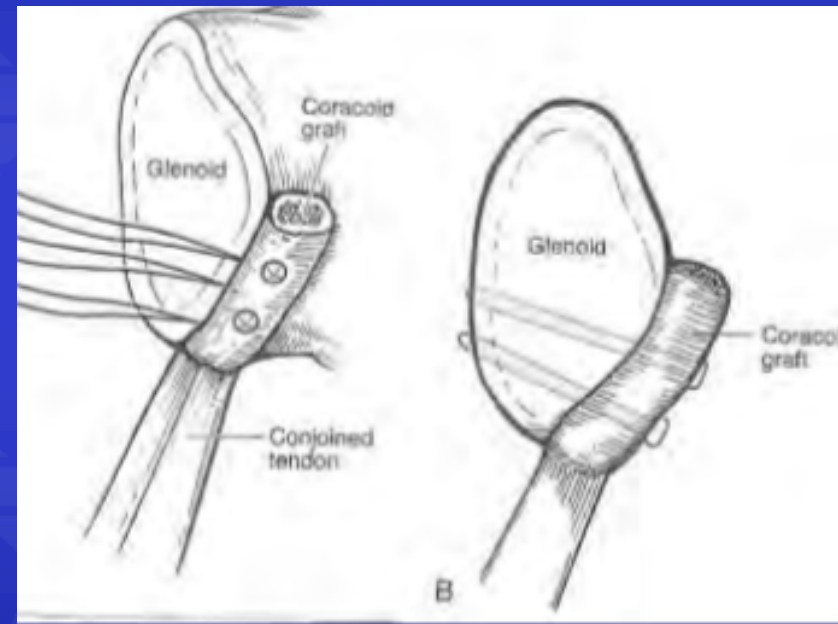
Short-term complications of the Latarjet procedure: a systematic review



Eoghan T. Hurley, MB, BCh, MCh^{*-1}, Luke B. Schwartz, BS¹, Edward S. Mojica, BS, Kirk A. Campbell, MD, Bogdan A. Matache, MD, Robert J. Meislin, MD, Laith Jazrawi, MD

Complications of the Latarjet procedure

Ashish Gupta · Ruth Delaney · Kalojan Petkin · Laurent Lafosse



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Complications of the Latarjet procedure

Ashish Gupta • Ruth Delaney • Kalojan Petkin •
Laurent Lafosse

Intraoperative complications

I. Graft-related complications

1. Malpositioning

- (a) Too high
- (b) Too low
- (c) Too medial
- (d) Too lateral

2. Graft fracture

II. Nerve injury

- 1. Suprascapular nerve
- 2. Axillary nerve
- 3. Musculocutaneous nerve

III. Vascular injury

Postoperative complications

I. Immediate postop

- 1. Hematoma
- 2. Subcutaneous swelling

II. Delayed postoperative

- 1. Infection
- 2. Neuropraxias
- 3. Brachial plexopathy

III. Long-term complications

- 1. Nonunion
- 2. Osteolysis
- 3. Recurrent instability
- 4. Arthritis



Labral Damage No Bone Loss

Arthroscopic

- Labral Repair
- Capsular Shift
 - 30% tightening
- Address superior and posterior pathology
- Address Rotator Cuff



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Mild Bone Damage (On Track)

Arthroscopic

- Non Contact
- Usually Remplissage

Open

- Contact



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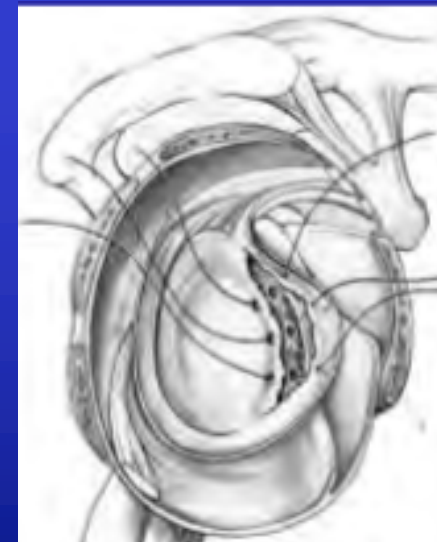
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Labral Tear +/- Minor Bone Loss

Open

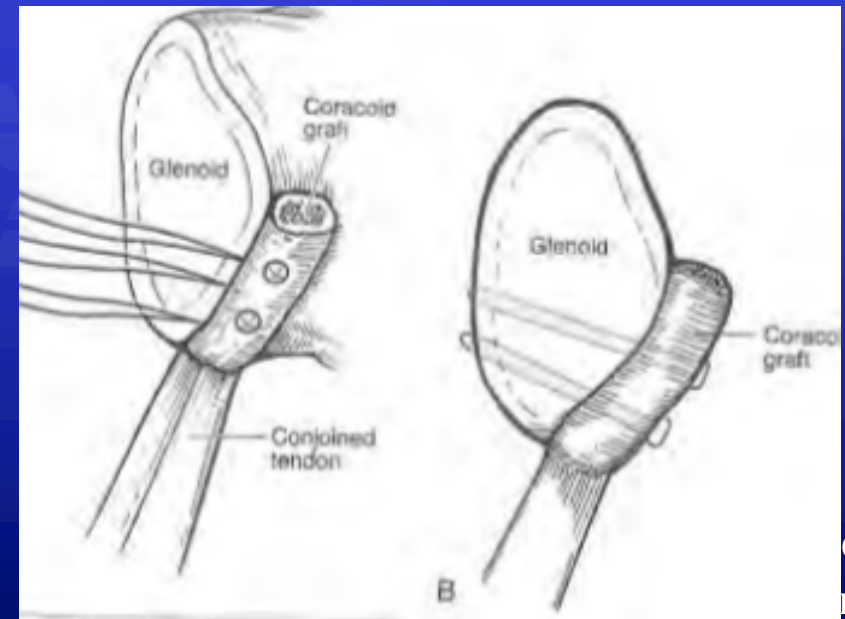
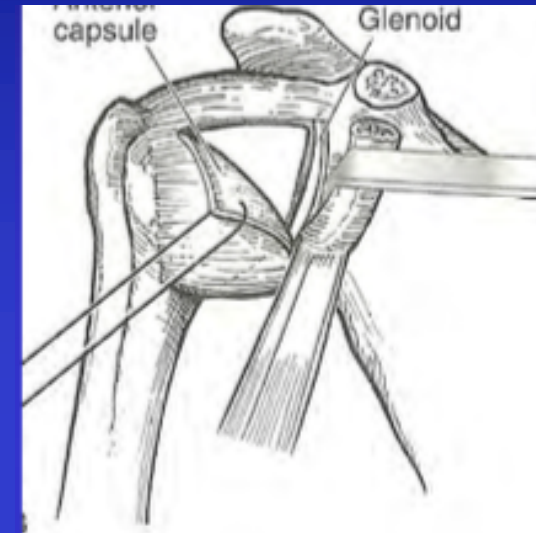
- Labral Repair
 - Capsular Shift
 - 50% tightening
 - Fixes HAGL
 - Can tolerate some bone loss
-
- Doesn't deal with posterior pathology
 - Possibility of loss of ER in overhead athletes



Bone Loss and Off Track Lesions

Bone Transfer

- Very low redislocation rate
- Higher complication rate
- Doesn't always get rid of symptoms of shifting internally



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	NON CONTACT	CONTACT
LABRAL TEAR or ALPSA ONLY	Arthroscopic	Open (except in season)
HAGL	Open	Open
CAPSULAR STRETCH ONLY	Arthroscopic	Open
SLAP	Arthroscopic	Arthroscopic plus plication
MILD BONE DAMAGE (On Track)	Arthroscopic plus Remplisage	Open
SIGNIFICANT BONE DAMAGE	Latarjet	Latarjet



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Thank you



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