1st Time Anterior Shoulder Dislocation: In Season Management

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The In-Season Athlete with His First Dislocation Junior Year
Shoulder Dislocation can happen anywhere and anytime

Just heard terrific talks

- Dr. Grumet
- Dr. Wolf
What if it is your Athlete?

Shoulder Case

- Starting Junior Linebacker sustains Dislocation in 3rd Game of Year

What Should We Do for This First Time Dislocation in This Athlete in his Junior Year?
Case Presentation

• MRI obtained on this player
Case Presentation

- 1 week later is doing much better
- Out of sling
- Exam reveals good motion, mild apprehension, good strength
- Next step?

What Should We Do?

First Time Dislocation

What does the literature say?

Fix it!
First Time Dislocation

Why “Fix It!”

First Time Dislocation
Evidence to Fix it!

Bankart Lesion 97% of the time
Taylor & Arciero, AJSM 1997

First Time Dislocation
Evidence to Fix it!

High recurrence in Young patients with Non-operative treatment
First Time Dislocation
Evidence to Fix it!

Natural History reversed with surgery

- prospective studies in literature
  (Arciero, AJSM, 1994)
  (Kirkley, Arthroscopy, 1999)
  (Larrain, Arthroscopy, 2001)
  (Bottoni, JBJS, 2002)

- All compared arthoscopic surgical stabilization vs. immobilization

First Time Dislocation
Evidence to Fix it!

.....evidence supports primary surgery for young adults, usually male, engaged in highly demanding physical activities who have sustained their first acute traumatic shoulder dislocation.

Cochrane Database 2008

First Time Dislocation mid-season in their Junior Year

Literature says Fix it!

What I really do in a college athlete is.............
First Time Dislocation mid-season in their Junior Year

What I really do:

- Thorough Assessment Clinically and with Imaging
- Discussion with Athlete, often parents and coaches
- Discuss the options and considerations of surgery and return to play

Considerations of Return to play after Shoulder Dislocation

FACTORS IN RETURN TO PLAY AFTER IN SEASON SHOULDER DISLOCATION

- RETURN TO PLAY?
  - Numerous factors
    - Sport
    - Timing
    - Year in School
    - Position
    - Associated Pathology
    - What does Momma think?
Associated Pathology precluding return to play after First Time Anterior Dislocation

Bony Bankart = No Return

RETURN TO PLAY CONSIDERATIONS

• Is Safe Return Possible?
• Is there any Risk of Further Injury?
• Can the Athlete Protect Themselves?
• Do they Meet Ideal Criteria?

Ideal Criteria for Return to Play

Shoulder instability: return to play
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• Numerous Factors for “Ideal Criteria”
**IDEAL** CRITERIA

- Little / No Pain
  - Patient Subjectivity
- Near normal ROM
- Near normal Strength
- Normal Functional Ability
- Normal Sports Specific Skills
- Other Factors

**SHOULDER DISLOCATION**

**RETURN TO PLAY?**
- “Ideal” criteria
  Would like full motion, normal strength, no apprehension

**SHOULDER DISLOCATION**

**RETURN TO PLAY?**
- Reality
  - Season is over before “ideal” criteria achieved
- Can athlete return without achieving this criteria?
- Risk of another dislocation?
SHOULDER DISLOCATION

• RETURN TO PLAY?
  – Athlete can return prior to achieving “ideal” criteria (“near” full motion/strength, mild apprehension)
  – Limited data on return to play and recurrence rate

Risk of Further Damage?

• Been suggested that further instability episodes lead to further damage

• Habermeyer (JSES, 1999)
  – evaluated 91 patients that underwent arthroscopic stabilization for anterior instability
  – Found correlation of number of recurrences with increased pathology in shoulder

Risk of Further Damage?

• No good prospective study has followed patients with MRI/imaging from first dislocation and evaluated for subsequent sequelae from recurrent instability events
Risk of Further Damage?

No further injuries attributable to the shoulder instability

Buss et al., AJSM 2004

SHOULDER DISLOCATION

• RETURN TO PLAY:
  – Athlete needs counseling
  – Continued rehab
  – Brace?

DISLOCATION BRACING

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DISLOCATION BRACING

Case Presentation
Will I let him play?
Yes

Case Presentation
What if he is feeling good with no further instability episodes at end of season?
“Doc, I feel fine”
Case Presentation

Fix it!

SUMMARY - Return to Play

• Many facets in deciding Return to Play for in-season athlete
• Consider Each Individual - No “Cookbook”
• Refer back to Basic Criteria
  – No Pain
  – Full ROM
  – Full Strength
  – Functional Ability
  – Sport Specific Skills

SUMMARY - Return to Play

• If repeat dislocation(s) – go ahead with surgery
• Remember:
  Surgery at end of season, even if “doing well”