

# Management of Anterior Shoulder Instability

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## Introduction

- The shoulder is an inherently unstable joint, but allows for great range of motion



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## Introduction

- **Definitions:**

- **Laxity:** loss of centering of the humeral head on glenoid
- **Instability:** disability due to laxity
- **Multi-directional instability:** disability due to inferior laxity with anterior and/or posterior laxity



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## Classifications of Instabilities

- Two major categories historically:
  - **Acute Traumatic:** single traumatic event due to a sudden episode
  - **Chronic/Throwing Athlete:** a chronic situation or subtle anterior subluxation in a thrower



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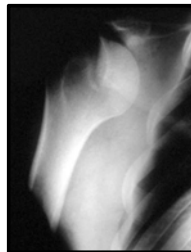
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## Introduction – Acute Traumatic

- Locked anterior dislocation most common
- Historically - eliminate recurrent instability
- Compromise ROM
- Success rates



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## Introduction

- Attention to athletes
- Subtle instability (subluxation)
- Higher standard for success
- Maintain full ROM
- Restoration of stability
- Avoid over-tightening
- Selective capsular shift



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## Introduction

### Etiology of Instability:

- Normal balance between mobility and stability
- Repetitive overhead throwing
- Attenuation of static stabilizers
- Muscle fatigue-subluxation



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## Introduction

- **Primary or Classic Neer Impingement**
- **Secondary Impingement**
  - Instability
  - Mass lesion
  - Neurologic Injury
- **Internal Impingement**
  - Instability



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## Classifications of Instabilities

- **Classification:**

- Etiology
- Degree
- Direction
- Duration
- Frequency
- Volition



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## Diagnosis

- **History:**

- Feelings of instability
- Dead arm syndrome
- Radicular symptoms
- Stiffness or loss of motion
- Popping or clicking



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## Diagnosis

- Determine direction and degree of instability



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## Differential Diagnosis

- Brachial plexus syndrome (burner)
- Shoulder subluxation (dead arm)
- Rotator cuff pathology
- AC joint separation
- Cervical disc disease
- Axillary nerve palsy
- Fracture/Dislocations



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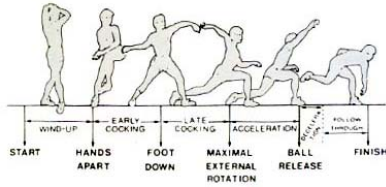
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## Diagnosis – History

- **History:**
  - Single event vs. repetitive microtrauma
- **Pain:**
  - Location, Duration, Phase of throwing



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## Physical Examination

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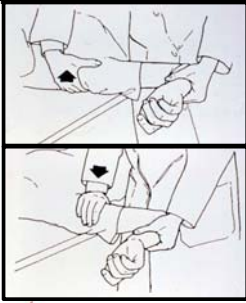
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## Instability Physical Examination

- Apprehension sign
- Relocation test
- Sulcus sign



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## Radiographic Evaluation

- AP (subchondral cysts/sclerosis)
- Lateral in IR and ER
- Supraspinatus outlet (Y view)
- Axillary view



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## Advanced Imaging

- **MRI:** most sensitive and non-invasive tool to evaluate rotator cuff pathology
- Ultrasound
- Arthrogram
- Arthroscopy



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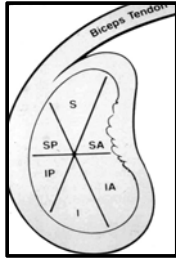
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## Arthroscopic Shoulder Evaluation

- Anterior inferior (Bankart)
- Posterior (reverse Bankart)
- Posterior superior (Internal impingement)
- Anterior superior (Andrews)
- Superior Labrum Anterior Posterior (SLAP)
- Posterior inferior (Bennett's lesion)



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## Internal Impingement

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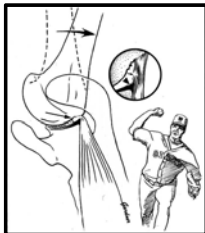
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## Internal Impingement

- Pain with Abducted, externally rotated shoulder (ABER)– late cocking-phase of throwing
- Pain Relieved with relocation test of Jobe
- Posterosuperior labral lesions and articular sided rotator cuff tears seen on arthroscopy
- MRI and arthroscopy
  - High correlation with diagnosis of RCT and labral injuries
  - Low correlation with diagnosis of chondral injuries and tendinitis



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# Anterior Instability

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# Anterior Instability

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- Most common instability seen
- 80% - 85% of all shoulder dislocations



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# Anterior Instability

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- **Traumatic:**
  - Acute subluxation
  - Recurrent subluxation
  - Acute anterior dislocation
  - Recurrent anterior dislocation
- **Atraumatic**
  - Voluntary



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## Anterior Instability

- Pathology of instability with failure at the glenoid:
  - Classic Bankart lesion
  - Bony Bankart lesion








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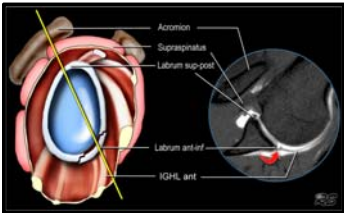
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## Anterior Instability

- Failure in continuity:
  - IGHL stretches or attenuates
  - HAGL Lesion





Robus Smalhuus and Henk Jan van der Woude  
Radiology department of the Rijnland hospital,  
Leiderdorp and the Onze Lieve Vrouwe Gasthuis,  
Amsterdam, the Netherlands


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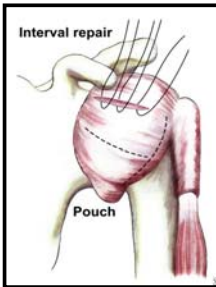
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## Anterior Instability

- Associated pathology in traumatic anterior shoulder instability:
  - Labral tears
  - Hill Sach's deformity
  - Capsule tear
  - SLAP lesion
  - Complete cuff tears
  - Partial cuff tears in subtle instability
  - Rotator Interval Defect
  - Bone Loss (Glenoid or Humeral Head)
  - HAGL Lesion



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## Anterior Instability

- Recurrent dislocation:
  - Age most important factor 15-25 y.o.a. have ~ 50-70% redislocation rate
  - Severe trauma and/or greater tuberosity fracture lower rate of recurrence
  - Mean recurrence rate in literature is 67%



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## Anterior Instability Treatment

- Primary dislocation
  - **Conservative:** (gold standard)
    - Period of immobilization
    - Rehabilitation
    - Restriction of sports activities



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## Anterior Instability

- Primary subluxation:
  - REHAB then more REHAB
  - Restriction of sporting activity



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## Anterior Instability

- Surgical considerations:
  - Throwing athlete vs. non-throwing athlete
  - Contact sports vs. non-contact sports
  - Athlete vs. non-athlete
  - Dominant arm vs. non-dominant arm
  - Patient expectations
  - Bony Deformities



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## Anterior Instability

*In the athletic population, since the redislocation rate is so high, there is a school of thought that if the patient will be rested anyway, the lesion should be fixed first, then rested and rehabbed. The attempt is to change the natural history and lower the redislocation rate.*

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## Anterior Instability Treatment

- Surgical options for primary dislocation:
  - Acute arthroscopic fixation of Bankart
  - +/- Thermal capsular shrinkage
  - Immobilization
  - Rehabilitation



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## Treatment

- The pathology of the unstable shoulder involves both the labral and capsular tissue
- Both capsular and labral lesions must be dealt with



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## OPUS Bankart Repair Video



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## OPUS SLAP Repair Video



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## Treatment of the Capsule

- **L.A.C.S.** (Laser assisted capsular shift)
  - Indicated in unidirectional or multidirectional instability in the presence or absence of associated labral pathology
  - Fallen out of favor
  - High failure rates reported



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## Recurrent Anterior Instability

- **Surgical options:**
  - Arthroscopic
  - Open selective shift
  - Thermal capsulorrhaphy???
  - Bankart repair



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## Arthroscopic Capsular Shift

- Eliminates some of the morbidity of open procedures
- Mechanically decreases the size of the capsule
  - Mobilize the inferior capsule
  - Reattach more superiorly



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## Arthroscopic Capsular Shift

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## Open Surgical Technique

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## Open Procedures for Instability

- **Bankart repair:**
  - Classic Bankart
  - Suture anchor
- **Capsular tightening:**
  - Lateral shift (Bigliani)
  - Medial glenoid shift (Jobe)
  - Horizontal shift / rotator interval (Altchek)
  - Posterior capsular shift

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## Open Capsular Shift

- Deltopectoral approach
- Divide subscapularis
- Identify
  - Capsular laxity
  - Rotator interval defect

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## Surgical Technique

- Latarjet
  - Bone Loss

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## Surgical Techniques

- Remplissage Procedure
  - Large engaging Hill-Sachs
  - Infraspinatus transferred to the defect

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# Treatment Algorithms for Instability

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## Principles of Treatment

- Immediate & correct diagnosis
- Avoid further damage
- Address underlying pathologies
- Restore normal anatomy and shoulder function



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## Treatment Algorithm

1. Acute first time traumatic anterior dislocation
2. Acute first time traumatic subluxation
3. Recurrent anterior dislocation (failed rehab)
4. Recurrent anterior subluxation
5. Multidir



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## Treatment Algorithm

- Acute first time traumatic anterior dislocation:
  - With Bankart
  - Without Bankart
  - Large Hill-Sach's with Bankart
  - Surgical vs conservative???



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## Treatment Algorithm

- Acute first time traumatic subluxation:
  - REHAB - REHAB - REHAB
  - Restriction of sports activity



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## Treatment Algorithm

- Recurrent anterior dislocation (failed rehabilitation):
  - With Bankart lesion:
    - Non-dominant arm/Bankart repair/open capsular shift
    - Dominant arm (thrower) - arthroscopic
  - With-out Bankart lesion:
    - Open capsular shift



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## Treatment Algorithm

- Recurrent anterior subluxation with Bankart lesion:
  - Non-dominant arm
    - Open anterior/inferior capsular shift /Bankart repair
  - Dominant arm
    - Arthroscopic laser shrinkage vs open anterior capsular shift
    - Bankart repair via arthroscope



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## MDI Treatment Algorithm

- REHAB – REHAB
  - Failed rehabilitation:
    - Dominant arm – LACS
    - Non-dominant arm – LACS vs open capsular shift



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## Treatment

- Complex problems:
  - Multidirectional instability
  - Bony glenoid defects
  - Large Hill-Sachs deformity



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## Conclusions

- Clear understanding of normal anatomy and biomechanics
- Restoration of normal anatomy
- Selective correction of the abnormality



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## Conclusions

- Eliminate capsule laxity *without* sacrificing ROM
- Technically, do what works best in your hands
- Aggressive physical therapy



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# Thank You!







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