

MEDIUM-TERM RESULTS OF THE ARTHROSCOPIC TREATMENT OF SHOULDER RECURRENT DISLOCATION

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SUMMARY:

THE SHOULDER DISLOCATION HAS A HIGH POTENTIAL OF RECCURENCY ESPECIALLY IN YOUNG ACTIVE INDIVIDUALS, UNDER 20 YEARS OF AGE. TREATMENT OF PRIMARY DISLOCATION, ACCORDING TO RESULTS OF THE LATEST STUDIES WORLDWIDE, HIGHLIGHTS THE NEED FOR A FULL DIAGNOSIS, ESPECIALLY IF, AFTER REDUCTION AND IMMOBILIZATION, THE PATIENT SHOWS CLINICAL SIGNS OF INSTABILITY. IN THESE CASES, MRI SCAN REVEALES LESION DESCRIBED BY BANKART, HILL-SACHS OR ROTATOR CUFF TEARS, AND THE TREATMENT MAY REQUIRE SURGERY.

OUR STUDY INCLUDES A TOTAL OF 12 PATIENTS DIAGNOSED WITH RECURRENT SHOULDER DISLOCATION, TREATED IN ST. CONSTANTIN HOSPITAL BRAȘOV BETWEEN 2012-2014. PATIENTS HAD A HISTORY OF AT LEAST 2 DISLOCATIONS, CLINICAL SIGNES OF SHOULDER INSTABILITY AND MRI CHANGES.

WE TREATED THE PATIENTS BY ARTROSCOPY, FOLLOWED BY IMMOBILIZATION IN TORACOBRAHIAL ORTOSIS FOR 3 WEEKS AND PROHIBIT THE EXTERNAL ROTATION UP TO 6 WEEKS. AFTER 3 WEEKS THE PATIENTS WAS SENT TO A REHABILITATION PROGRAM. THE FOLLOW-UP WAS 1 YEAR AFTER SURGERY.

PATIENTS WERE UNDER 30 YEARS OF AGE (MEAN 19, 16-27). 5 OF THEM HAD 2 DISLOCATIONS, THE OTHER MORE THAN 3. THE AVERAGE PERIOD FROM THE FIRST EVENT TO SURGERY WAS 18 MONTHS. THE MOST COMMON SYMPTOM WAS CLINICAL INSTABILITY, IN 10 CASES. ALL PATIENTS HAD A POSITIVE APPREHENSION TEST. MRI EXAMINATION SHOWED BANKART LESIONS (12/12), HILL-SACHS LESIONS (5/12), ROTATOR CUFF TEAR (12/4). TRATAMNETUL CONSISTED IN ANTERIOR LABRAL REATTACHMENT USING 2 ANCHORS (8), 3 ANCHORS (4). 2 PATIENTS REQUIRED CUFF REPAIR. AT 6 MONTHS, 10 OF THE 12

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PATIENTS HAD RETURNED TO PRE-INJURY SPORTS ACTIVITY, AND SHOWED NO SIGNS OF INSTABILITY. WE HAD NO RECURRENCES IN ONE YEAR PERIOD. IN CONCLUSION, SHOULDER DISLOCATION IN YOUNG AND ACTIVE PATIENTS IS A POTENTIALLY RECURRENT SUFFERING. IF RECURRATION OCCUR, A COMPLETE DIGNOSE OF THE CAUSE IS NEEDED. ARTROSCOPIC SURGERY TREATMENT HAS LED TO VERY GOOD RESULTS, 10 OF 12 PATIENTS RETURNED TO PRE-INJURY LEVELS OF SPORTS, WITH NO RECURRENCE WITHIN 1 YEAR.

KEYWORDS: SHOULDER ARTHROSCOPY, RECURRENT DISLOCATION, SHOULDER STABILIZATION.