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Arthroscopic Bankart lesion repair with a suture anchor – long term results

Karol Szyluk

District Hospital of Orthopedics and Trauma Surgery, Poland

Introduction & Aim: The shoulder joint is the most common dislocated joint in the human body. The aim of the study was to analyze late results of arthroscopic repair of Bankart lesions in patients with post-traumatic anterior shoulder instability.

Material & Methods: The study involved 92 patients (92 shoulders) after arthroscopic Bankart lesion repair, in patients with post-traumatic anterior shoulder instability and non-engaging Hill-Sachs lesion with a suture anchor. All patients were operated on in the lateral decubitus position using FASTak 2.8 mm, suture anchors (FASTak, Arthrex, Naples, Florida). The duration of follow-up ranged from 6 to 12.5 years (mean: 8.2 years). To assess the results of surgical treatment, the Rowe and University of California at Los Angeles rating system (UCLA) were used.

Results: Based on Rowe scores, there were 71 (81.5%) excellent, 12 (12.6%) good, 5 (5.3%) satisfactory and 2 (2.1%) poor results. Rowe scores improved in a statistically significant manner ($p=0.00$) post-surgery, to a mean of 90 (range: 25-100). UCLA scores improved in a statistically significant manner ($p=0.00$), reaching post-operative levels of 12-35 (mean: 33.5). There were 9 recurrences, one case of axillary nerve palsy and one case of anchor loosening.

Conclusions: arthroscopic treatment of post-traumatic anterior shoulder instability gives good results and low recurrence rate irrespective of the number of previous dislocations, age or sex.

Recent Publications

1. Szyluk K, Jasiński A and Niemiec P, et al., (2017) Five-year prevalence of recurrent shoulder dislocation in the entire Polish population International Orthopaedics (SICOT)(2017).
2. Szyluk K J, Jasinski A, Mielnik M and Koczy B (2016) Incidence of post-traumatic shoulder dislocation in Poland. Med Sci Monit 22:3967-3974.
3. Szyluk K, Jasiński A, Mielnik M, Widuchowski W and Koczy B (2016) Recurrence of instability after Bankart repair. Issue Rehabil. Orthop. Neurophysiol. Sport Promot 15:67-75.

Biography

Karol Szyluk is an Orthopaedic Surgeon. He has completed his Graduation at Silesian Medical University, Katowice, Poland in the year 2001. He is a Consultant and Deputy Head in District hospital of Orthopedics and Trauma Surgery in Piekary Slaskie, Poland. He is a Professional Member of the Polish Society of Orthopaedics and Traumatology, Polish Society of Sports Medicine, Polish Society of Shoulder and Elbow, Société Européenne Pour La Chirurgie De L'épaule Et Du Coude, European Society for Surgery of the Shoulder and the Elbow, European Wrist Arthroscopy Society. He is an author and co-author of more than 30 scientific papers, published in scientific literature. He is the Reviewer of the Medical Science Monitor, Scientific Consultant at Hofer-medical, Scientific Consultant at Lima Corporate, Member of the Scientific Council of the Center Medical Training Pact. He is the Head of the research project from 2017 to 2020 with the title: "The effect of selected genetic factors on the efficiency of the treatment process of tennis elbow (lateral Epicondylitis) with autologous platelet rich plasma".

kszylyk@o2.pl

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