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Clinical Outcomes Following the Latarjet Procedure in Contact and Collision Athletes

SS-01

April 14, 8:35 AM

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Introduction: To evaluate the clinical and functional results of contact or collision athletes who underwent a Latarjet for symptomatic instability with glenoid bone loss or failed stabilization surgery, using modern instability outcome measures. Study Design: Case series, Level of evidence, 4

Methods: 61 consecutive contact and/or collision athletes (64 shoulders) treated with an open Latarjet procedure for recurrent anterior glenohumeral instability with significant glenoid bony deficiency and/or failed prior stabilization were retrospectively identified from two surgeons' practices. 42 shoulders (66%) were evaluated at a mean follow-up of 46 months (range: 24-95), with an average age at surgery of 25.9 years (range: 16-47). Primary outcome measures were the Western Ontario Shoulder Instability Index (WOSI), American Shoulder and Elbow Society Questionnaire (ASES), Visual Analogue Scale, and return to sporting activity. IRB approval was granted for this study.

Results: 37/42 shoulders (88%) were perceived as stable to these athletes. Two patients experienced subluxation events at 18 and 24 months after their Latarjet procedures. These 2 patients underwent further surgery including an arthroscopic debridement with biceps tenodesis and the other a revision stabilization Eden-Hybinette procedure, performed at 22 and 29 months after their Latarjets, respectively. Average VAS score was 1.1 and the Average WOSI and ASES scores for 42 shoulders were 76.5% (range: 6.4-100%, +/- 24.4) and 89.9 (range: 21.7-100, +/- 17.3), respectively. 54% (21/39) of athletes returned to preoperative sports level, 18% (7/39) decreased their activity level in the same sport, 13% (5/39) changed sports and 15% (6/39) decreased level and changed sport, or stopped sports altogether.

Conclusion: At a minimum of 2 year follow-up, 72 % of athletes returned to their original sport, whereas 28% had to change sport type or stop sporting activities altogether. In this challenging group of patients, the Latarjet procedure successfully restores stability in 88% of cases; 72% return to pre-operative sport type.

Outcomes of the Remplissage Procedure and Its Effects on Return to Sports: Average Five-Year Follow Up

SS-02

April 14, 8:40 AM

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Introduction: Short-term outcomes for remplissage patients have demonstrated good results. However, limited data is available for longer-term outcomes. Our purpose was to evaluate long-term outcomes and rates of return to sports after remplissage.

Methods: We retrospectively reviewed remplissage patients from 2007-2013. All had preoperative MRIs demonstrated large Hill-Sachs lesions and glenoid bone loss less than 20%. At final follow up, patients had a ROM evaluation and were administered a detailed outcomes survey, which included WOSI and ASES as well as questions regarding sports, employment, physical activities and dislocation events.

Results: Fifty-one shoulders (50 patients) were included. Average age at surgery was 29.8 years (15.0-72.4 years) and average follow up was 60.7 months (25.5-97.6 months). 20% of patients had previous surgery on their shoulder. Average postoperative WOSI scores were 79.5% and average ASES scores were 89.3. Six shoulders had dislocation events (11.7%) postoperatively: three were traumatic, and three atraumatic. Increasing number of preoperative dislocations increased the risk of a post-operative dislocation ($p<0.001$). There was also a trend towards higher postoperative dislocation rates in revision patients ($p=0.062$). Average loss of external rotation was 5.2 degrees ($p=0.13$). 95.5% of patients returned to one or more sports postoperatively at an average of 7.0 months. 81.0% returned to their previous intensity and level of sport. 65.5% (19) of patients who played a throwing sport stated they had problems throwing. 58.6% (17) felt they could not normally wind up throwing a ball. Direct rates of return for overhead sports were basketball 69%, baseball 50% and football 50%.

Conclusion: Remplissage's failure rate was 11.7% at an average of five years, with 96% of patients returning to full sports at an average of 7 months. For throwing sports,