



Bankart Lesion

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Recurrent instability, i.e. multiple dislocations, of the shoulder is typically an indication for surgical intervention. The typical injury of the shoulder is a Bankart lesion, which occurs in over 95% of shoulder dislocations, and is a result of a tear of the anterior inferior labrum of the glenoid. Other types of injuries also commonly occur around the shoulder such as rotator cuff tears but usually happen in patients over the age of 45 years. In the vast majority of the cases, surgery can be performed arthroscopically to address the pathology in the shoulder. This is usually performed with three small incisions about 1 cm in length. Immobilization is required over the first month. Physical therapy is started after surgery and is usually continued for 4 months after surgery and return to play can typically be achieved in 6-9 months.

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