

Similar Outcomes following Arthroscopic Bankart Repair between Female and Male Athletes

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INTRODUCTION:

The purpose of this study was to evaluate and compare return to sports, functional outcomes, recurrences and revision rates after arthroscopic Bankart repair (ABR) between female and male athletes.

METHODS:

A retrospective comparative cohort study was performed in patients who underwent an ABR between January 2012 and December 2019. A Visual Analogue Scale (VAS) was used to evaluate pain with daily living and sports activities. The Rowe score was used as a global outcome measure. Shoulder-dependent sports ability was measured with the Athletic Shoulder Outcome Scoring System (ASOSS). Patients were also asked if they had been able to practice sports again and if they had been able to perform them at the same level as before the injury. Recurrences and reoperations were documented. Additionally, we assessed the period (months) between surgery and recurrence events.

RESULTS:

Overall, 91% of the patients (n=150) returned to sports and 84% (n=126) returned to their pre-injury level. The median time to return to sports was 6 months (IQR 5-8). There were no differences in the rate of return to sports between groups. The final Rowe score and ASOSS score showed excellent results, with a median of 100 (IQR 90-100) and a median of 100 (IQR 95-100) and we did not find differences in functional outcomes between groups (p 0.384, and p 0.151, respectively). The overall recurrence rate was 9.7 % (n=16). There was a 10.3 % (n=6) recurrence rate in the female group and 9.4% % (n=10) in the male group (p 0.851). Time to event analysis showed that the median time to recurrence was 48 months in the female and male groups. Kaplan–Meier plots showed no significant difference in the time to recurrence between both groups (p 0.848) The overall revision rate was 3 % (n=4), without significant differences between groups (p 0.556).

DISCUSSION AND CONCLUSION:

The arthroscopic Bankart repair is associated with excellent functional outcomes in young athletes. There were not significant sex related differences in the rate of return to sports, functional scores, recurrences, or revisions regarding sex.

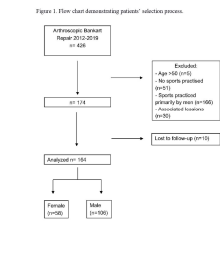


Table 1. Baseline characteristics of female and male patients.

	Female (n=58)	Male (n=100)	p-value
Baseline characteristics			
Age (years) *	24.5 (9-36)	25 (21-34)	0.275
Domestic area (n)	79% (86)	70% (81)	0.671
Sports characteristics			
Type of sports			0.100
Contact (n)	27% (32)	17% (17)	
Limited contact (n)	47% (52)	37% (39)	
Noncontact (n)	18% (21)	51% (51)	
Type of athletes			0.975
recreational (n)	72% (82)	78% (77)	
professional (n)	28% (34)	27% (29)	
Prospective Shoulder function			
Pre VAS **	3.4 (2-4)	3.7 (2-2)	0.481
Pre ROWE **	48.9 (38-6)	44.1 (18-5)	0.110
Pre ASOSS *	41 (36-58)	45 (35-53)	0.275

* Median (IQR)

Table 2. Comparison of Sports outcomes between female and male patients.

	Female (n=58)	Male (n=100)	p-value
Return to sports (n)	91% (57)	92% (97)	0.987
Return to same level (n)	81% (45)	80% (80)	0.479
Time to return to sports, months *	6 (3-8)	6 (0-8)	0.476

* Median (IQR)

Table 3. Comparison of functional outcomes between female and male patients.

	Female (n=58)	Male (n=100)	p-value
Final VAS *	0 (0-1)	0 (0-1)	0.967
Final ROWE *	100 (95-100)	100 (95-100)	0.284
Final ASOSS *	100 (95-100)	100 (95-100)	0.275

VAS: Visual Analogue Scale; ASOSS: Athletic Shoulder Outcome Scoring System

Figure 2. Kaplan-Meier curve demonstrating time to recurrence in female and male athletes.

