

Return to Play following Open Latarjet in Under 20 Year Old Collision Athletes

Eoghan T Hurley, Thomas Kevin Moore, Conor J Kilkenny, Ailbhe White- Gibson, Christopher Klifto, Jonathan F Dickens, Hannan Mullett

INTRODUCTION: The open Latarjet procedure has been shown to result in high rates of return to play (RTP) and low rates of recurrent instability, but there is a concern with performing a primary Latarjet in younger patients due to the nonanatomic nature of the procedure. The purpose of this study was to evaluate recurrence rates, RTP, and clinical outcomes in collision athletes under 20 who underwent open Latarjet for anterior shoulder instability.

METHODS: A retrospective review of collision athletes under 20 years old, who underwent an open Latarjet procedure by a single surgeon between the years of 2010-2020 was carried out. Recurrent instability, rate of RTP, and time to RTP were recorded. The Shoulder Instability Return to Sport after Injury score (SIRSI) score, Subjective Shoulder Value (SSV), and Visual Analogue Scale (VAS) scores were also evaluated.

RESULTS: The study included 105 male collision athletes with a mean age of 18.6 ± 1.0 years (range: 17-20). The mean follow up for patients was 36 ± 26.2 months. A total of 93 (88.6%) returned to play at a mean time of 6.3 ± 2.2 months, with 73 (69.5%) returning to their pre-injury level of participation. The mean SSV score was 84.1 ± 16.8 , the mean VAS score was 2.3 ± 2.1 , and the mean SIRSI score was 69.2 ± 21.8 . Five patients (4.8%) redislocated their shoulder, with 3 of these requiring a further surgery for instability (1.9%).

DISCUSSION AND CONCLUSION: There is a low redislocation rate among young athletes undergoing open Latarjet for anterior shoulder dislocation at mid-term follow up. Additionally, there are good clinical outcomes with a high rate of return to play in this population.