

Return to Play following Operative Management of Anterior Shoulder Instability In Overhead Athletes ‐ A Systematic Review

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INTRODUCTION:

In overhead athletes, anterior shoulder instability may result in a loss of external rotation, thus limiting the athlete's ability to return to play at their pre-injury level, and thus they have extra challenges in their management. However, there is a lack of literature on return to play following anterior shoulder instability in this population as it has not been as well studied as collision athletes, due to its lower occurrence rate in this population. The purpose of this study was to systematically review the rate and timing of return to play in overhead athletes following operative management of anterior shoulder instability.

METHODS:

We conducted a systematic literature search based on PRISMA guidelines, utilizing the EMBASE, MEDLINE, and The Cochrane Library Databases. Eligible for inclusion were clinical studies reporting on return to play among overhead athletes following arthroscopic Bankart repair, open Latarjet procedure, or Remplissage procedure.

RESULTS: There were 21 studies included with 937 patients. Among those undergoing arthroscopic Bankart repair, the rate of return to play was 85.2%, with 70.8% returning to the same level of play and the mean time to return to play was 7.1 months. Among those undergoing an open Latarjet procedure, the rate of return to play was 81.0%, with 77.4% returning to the same level of play and the mean time to return to play was 5.1 months. Among those undergoing a Remplissage procedure, one study found the rate of return to play to be 69.6% but they did not report on the rate returning to the same level of play or mean time to return to play.

DISCUSSION AND CONCLUSION: The most important finding from the current study was that there were high rates of return to play following operative management of anterior shoulder instability in overhead athletes. Although, there was a drop off in the rate that were able to return to play at their previous competitive level which is consistent with the literature on all athletes with anterior shoulder instability.