

Open Bankart Repair

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Shoulder instability is one of the most common complaints seen by orthopaedic surgeons taking care of an athletic patient. The management of shoulder instability has varied over the years and significant controversy and debate about the proper management of this pathology.

The surgical treatment of anterior shoulder instability can present a dilemma. Historically, an open Bankart repair was the benchmark solution. Over the last decade as surgeons became more arthroscopically safe, the pendulum swung and a paradigm shift occurred. However, more recent studies have challenged this trend and, subsequently, revived interest in open repair. Thus, we feel it is critical to provide a more contemporary stepwise description of a procedure that has become essentially abandoned. The goal is to provide tips and pearls to achieve optimal exposure and, ultimately, a robust repair for a notoriously challenging operation. Patient selection, risk factors, and pathology are crucial in making the correct treatment decision. The benefits of open Bankart repair including the indication of open Bankart repair will be discussed. Additionally, a reliable surgical technique will be presented

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