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Evaluation of factors associated with successful 5-year outcomes following arthroscopic Bankart repair in athletes

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Background: The purpose of this study was to evaluate the outcomes of athletes 5-years post-operatively following arthroscopic Bankart repair (ABR), and to evaluate factors associated with satisfaction and shoulder function, as defined by subjective shoulder value.

Methods: A retrospective review of athletes who underwent ABR, with a minimum of 5-year follow-up was performed. Recurrence, Visual Analogue Scale (VAS) score, subjective shoulder value (SSV), satisfaction, and whether they would undergo the same surgery again, and rate, level and timing of return to play (RTP), and Shoulder Instability-Return to Sport after Injury (SIRSI) score were evaluated. Multi-linear regression models were used to evaluate factors affecting postoperative Satisfaction, and SSV level.

Results: Overall, 144 athletes who underwent ABR were included, with a mean age of 26.9 years, 91.7% males, and mean follow-up of 75.7 months. At final follow up, 82.6% were satisfied/very satisfied, and the mean SSV was 85.8±14.4. Overall, the rate of RTP was 80.5%, with 63.9% returning at the same level at a mean of 6.2±2.7 months. Overall, there was 18 (12.5%) who had recurrent instability, and a further procedure was performed in 15 (10.4%) patients. Linear regression revealed that the SIRSI score ($P<0.0001$), SSV ($P<0.0001$), VAS ($P<0.0031$), sleep trouble ($P=0.0129$) was associated with satisfaction. Logistic regression revealed whether a patient required revision

surgery ($P=0.0029$), or had re-dislocation ($P=0.0031$) was also associated with satisfaction. Linear regression revealed that the SIRSI score ($P<0.0001$), VAS score ($P<0.0001$), and sleep trouble ($P<0.0001$), were associated with SSV score.

Conclusions: There was a high rate of satisfaction at 5-year follow-up, with excellent patient reported outcomes and a high rate of RTP among athletes. However, there was a moderate rate of recurrent instability and further revision surgery. Our study identified that the SIRSI, VAS score, sleep trouble and ability to RTP at the same level were associated with both satisfaction and SSV score.

Keywords: Arthroscopic Bankart repair (ABR); anterior shoulder instability; athletes; 5-year

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Footnote

Conflicts of Interest: The authors have no conflicts of interest to declare.

Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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