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Wayne W. Chan
University of Massachusetts Medical School

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Concomitant rotator cuff repair and instability surgery provide good patient-reported functional outcomes in patients aged 40 years or older with shoulder dislocation

Wayne W. Chan, MD, PhD a,*, Tyler J. Brolin, MD b, Ocean Thakar, MD c, Manan S. Patel, BA d, Daniel S. Sholder, BS d, Joseph A. Abboud, MD d, Charles L. Getz, MD d

a UMass Memorial Medical Center, Worcester, MA, USA
b Campbell Clinic Orthopaedics, Memphis, TN, USA
c Medstar Union Memorial, Baltimore, MD, USA
d Rothman Orthopaedic Institute, Philadelphia, PA, USA

A R T I C L E  I N F O

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bony Bankart repair
middle aged
rotator cuff repair
arthroscopy
shoulder dislocation

Level of evidence: Level III; Retrospective Cohort Design; Treatment Study

B A C K G R O U N D: Recurrent anterior shoulder dislocation in patients aged ≥ 40 years is not as rare as once thought. The mechanism of instability in this patient population is different—more likely to be attributed to rotator cuff pathology—compared with that in younger individuals. With an increasingly aging active population, surgical management has a rising role in preventing morbidity associated with recurrent instability. Our purpose was to evaluate outcomes of anterior shoulder instability repair (ie, Bankart or bony Bankart repair) with and without rotator cuff repair (RCR) in patients aged ≥ 40 years.

M E T H O D S: We conducted a retrospective chart review of all patients aged ≥ 40 years who underwent surgical repair for anterior shoulder instability from 2008-2016. Patients were categorized into 4 cohorts: Bankart repair only, bony Bankart repair only, Bankart repair with concomitant RCR, and bony Bankart repair with concomitant RCR. Demographic and history-of-instability data were collected. Clinical and functional outcomes assessed included the Single Assessment Numeric Evaluation score, American Shoulder and Elbow Surgeons score, Penn Shoulder Score, visual analog scale score for pain, Western Ontario Shoulder Instability Index scores, and patient satisfaction score.

R E S U L T S: A total of 146 patients were included in this study, with 103 patients (71%) having ≥2-year outcome scores. Outcome scores were not significantly different among groups. For patients who underwent Bankart repair only, bony Bankart repair only, Bankart repair with RCR, and bony Bankart repair with RCR, the Single Assessment Numeric Evaluation scores were 80.8 ± 19.7, 90.0 ± 10.7, 79.3 ± 29.4, and 87.2 ± 10.6, respectively (P = .284); American Shoulder and Elbow Surgeons scores, 83.8 ± 19.7, 92.4 ± 17.4, 82.5 ± 25.6, and 85.6 ± 12.7, respectively (P = .114); Penn Shoulder Scores for function, 84.5 ± 17.9, 90.9 ± 15.3, 83.6 ± 25.1, and 95.7 ± 13.0, respectively (P = .286); and Western Ontario Shoulder Instability Index scores, 481.0 ± 519.5, 292.1 ± 414.3, 548.9 ± 690.5, and 320.6 ± 258.7, respectively (P = .713). Age at the time of surgery significantly differed between cohorts (P < .001). No patients had recurrence of instability during the study period.

C O N C L U S I O N: Similar functional outcomes can be achieved in the surgical management of anterior instability in patients aged ≥ 40 years. Rotator cuff tears should be suspected and repaired in patients with anterior instability, especially those aged ≥ 50 years.

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The incidence of primary, traumatic anterior shoulder instability and dislocation after the age of 40 years is less common than that in younger patients.10,13 However, with an increasingly active aging population, a rise in traumatic shoulder instability events is seen.15,24 When a traumatic dislocation occurs, these patients can often have constant pain, disability, and recurrent instability.1,5,15,24,26,28 Recurrent anterior shoulder dislocation in older patients is not as rare as...
once thought. Rowe and Sakellarides reported recurrence rates of 24% and 14% in patients aged 41-50 years and 51-60 years, respectively, whereas Walch et al noted an 11% rate of recurrence in patients aged > 60 years in their study.

The rotator cuff provides significant dynamic stability to the glenohumeral joint via a concavity-compression mechanism. Cadaveric studies have shown that a 50% decrease in rotator cuff integrity leads to a 50% increase in the occurrence of dislocations. Additionally, in comparison to rotator cuff–intact shoulders, a smaller capsuloligamentous lesion induces instability in a rotator cuff–deficient cadaveric model. Given that the prevalence of rotator cuff tears (RCTs) increases with age, with 40%-50% of individuals aged ≥ 50 years having cuff pathology, it is not surprising to find significant literature showing the concurrent incidence of RCTs with shoulder dislocations in older patients.

Despite extensive literature on anterior shoulder instability surgical management focused on the young and active individual, there is a paucity of literature regarding outcomes of shoulder instability repair in patients aged ≥ 40 years. Given the high incidence of concurrent RCTs in older patients with instability, our purpose was to evaluate outcomes of anterior shoulder instability repair with and without rotator cuff repair (RCR) in patients aged ≥ 40 years.

Materials and methods

Patient selection

We conducted a retrospective chart review of all patients aged ≥ 40 years who underwent surgical repair for anterior shoulder instability with a minimum of 2 years’ clinical follow-up. Patients aged < 40 years and/or with <2 years’ clinical follow-up were excluded from this study. The indications for surgery included primary and recurrent instability due to labral and/or rotator cuff pathology. Patients were categorized into 4 cohorts: Bankart repair only, bony Bankart repair only, Bankart repair with concomitant RCR, and bony Bankart repair with concomitant RCR. Procedures were performed from 2008-2016 by 6 shoulder and elbow fellowship–trained surgeons; all were performed arthroscopically.

Data collection

Patient data were obtained via a retrospective chart review. Relevant data included age, sex, handedness, medical comorbidities, age at first dislocation, number of dislocations, traumatic vs. atraumatic mechanism of injury, and time between first diagnosis and repair. Arthritis was noted by the presence of joint space narrowing and/or bone spurs on preoperative radiographic films. Patients were also queried about the postoperative recurrence of instability episodes including frank dislocations and subluxations, complications, and need for revision procedures.

Clinical and functional outcomes were assessed at the time of the retrospective review by using the American Shoulder and Elbow Surgeons (ASES) score, Single Assessment Numerical Evaluation (SANE) score, Penn Shoulder Score (PENN), visual analog scale (VAS) score for pain, Western Ontario Shoulder Instability Index (WOSI) score, and patient satisfaction score. Clinical outcome scores were obtained through chart review, telephone interview, or mail correspondence.

Statistical design

Nonparametric tests were used to compare clinical outcomes across groups. A Kruskal-Wallis nonparametric test was implemented for the 4 cohorts (Bankart repair and bony Bankart repair with and without RCR), and a Mann-Whitney nonparametric test was used for 2 larger groups (repair with RCR and repair without RCR). Spearman nonparametric correlations were used to examine the correlation between patient outcomes and background variables such as age at first diagnosis and number of dislocations. Analysis of variance and t tests were used to compare the cohorts (all 4 cohorts and 2 cohorts, respectively) regarding continuous demographic characteristics (eg, age at first diagnosis). We used χ² tests to compare groups regarding categorical variables (arthritis and so on). All analyses were performed using SPSS software (version 23; IBM, Armonk, NY, USA).

Results

Demographic characteristics

After application of the inclusion and exclusion criteria, 146 patients were included. Of these 146 patients, 103 (71%) had ≥2-year outcome scores: 58 of 88 patients in the Bankart repair cohort, 13 of 22 in the bony Bankart repair cohort, 23 of 26 in the Bankart repair–RCR cohort, and 9 of 10 in the bony Bankart repair–RCR cohort. Demographic data are detailed in Table I.

There were no significant differences in sex, number of dislocations, or anchors used in the RCR groups. Table II shows the distribution of tendons torn and mean number of dislocations, which were not significantly different based on tear location. Patients in the Bankart repair—only group received significantly more labral anchors than those in both RCR groups. The prevalence of arthritis at the time of surgery was nonsignificant between groups

There was no significant difference in age at first diagnosis for each cohort was as follows: 37.9 years for Bankart repair, 46.1 years for bony Bankart repair, 49.5 years for Bankart repair with RCR, and 63.1 years for bony Bankart repair with RCR. Comparison of all cohorts, with the exception of the bony Bankart repair—only vs. Bankart repair–RCR cohort, showed a significant difference in age at first diagnosis (Table I). Additionally, patients who underwent a Bankart repair (without an RCR) had a significantly longer period from diagnosis until this surgical procedure than patients who underwent a bony Bankart repair—both without and with an RCR (10.6 ± 13.7 years vs. 2.7 ± 6.7 years [P < .001] and 6.6 ± 20.9 years [P < .001], respectively). Patients who underwent a prior surgical procedure were excluded from this analysis.

Clinical outcomes

There were no statistically significant differences in the following clinical outcome scores among the 4 cohorts of patients: SANE score (P = .284), ASES score (P = .114), PENN (P = .286), VAS pain score (P = .283), satisfaction score (P = .614), WOSI score (P = .713), and WOSI percentage (P = .610) (Table III). Similarly, there were no statistically significant differences in these clinical outcome scores when patients were combined into 2 cohorts: SANE score (P = .288), ASES score (P = .796), PENN (P = .644), VAS pain score (P = .920), satisfaction score (P = .456), WOSI score (P = .845), and WOSI percentage (P = .730) (Table IV).

No patients in any of the groups had a recurrent instability event in our study period. However, 7 patients (4.8%) had complications
During the 2-year postoperative period. In the Bankart repair—only group, 1 patient had continued pain, 1 had a retear of the labrum, 1 had continued weakness and crepitation, and 1 had an RCT. In the Bankart repair—RCR group, continued pain was noted in 1 patient RCT or bony Bankart lesion should be treated conservatively.

**Discussion**

The principal finding in this study is that strong functional outcomes can be achieved with Bankart or bony Bankart repair with or without RCR in patients aged ≥40 years. To our knowledge, this is the largest cohort study to evaluate 2-year functional outcomes of 4 surgical management options for instability in older patients. The functional and pain scores were not significantly different among the 4 groups, nor were they different when the groups were separated into concomitant RCR vs. no RCR. Patients in the groups were heterogeneous in terms of age, age at first diagnosis, years between diagnosis and surgery, number of labral anchors placed, and body mass index, making it difficult to draw comparisons between groups and directly evaluate the impact of each specific treatment. However, we did find improved functional outcomes with no recurrences and a low risk of complications across all 4 groups during the 2-year study period. Although we additionally show that RCR provides strong functional gains and restores stability, further investigations should be geared at ascertaining the true value of concomitant cuff repair in these older patients.

Patients who underwent an RCR, whether with Bankart or bony Bankart repair, were significantly older at the time of surgery than those in the Bankart repair—only group. This finding suggests that older patients are more likely to present with RCTs for which they may benefit from concomitant RCR to restore function, relieve pain, and achieve the strong functional and pain outcomes observed at 2 years in our study. Patients undergoing RCR with Bankart repair and bony Bankart repair were found to have delays of 4.8 years and 6.6 years, respectively, from the time of diagnosis to treatment, likely attributed to the perception that instability is rare in the older patient. This is underscored by the Bankart repair—only cohort averaging 10.6 years from the time of diagnosis to surgery, highlighting a possible perception that instability in the absence of an RCT or bony Bankart lesion should be treated conservatively.

The findings of our study are consistent with those in the literature. The mechanism of instability is different in older patients; it is more likely to be due to rotator cuff pathology. The reported incidence of RCTs in patients aged ≥40 years with a primary, traumatic anterior glenohumeral dislocation is 35%-100%. Nevisar et al evaluated 37 patients aged >40 years of age (mean age, 59.8 years) with primary anterior dislocation. They reported missed RCTs in all patients, with the development of recurrent instability that was

**Table I**

Demographic data

<table>
<thead>
<tr>
<th></th>
<th>Bankart repair (n = 88)</th>
<th>Bony Bankart repair (n = 22)</th>
<th>Bankart repair and RCR (n = 26)</th>
<th>Bony Bankart repair and RCR (n = 10)</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age at surgery, yr</td>
<td>46.4 ± 6.7</td>
<td>48.8 ± 6.9</td>
<td>54.4 ± 10.0</td>
<td>63.1 ± 5.3</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Age at first diagnosis, yr</td>
<td>37.9 ± 12.5</td>
<td>46.1 ± 11.2</td>
<td>49.5 ± 12.8</td>
<td>63.1 ± 5.3</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Sex, n</td>
<td>56 M/32 F</td>
<td>13 M/9 F</td>
<td>21 M/5 F</td>
<td>6 M/4 F</td>
<td>.339</td>
</tr>
<tr>
<td>BMI, kg/m²</td>
<td>27.1 ± 5.9</td>
<td>31.2 ± 4.6</td>
<td>27.9 ± 5.3</td>
<td>32.2 ± 6.8</td>
<td>.003</td>
</tr>
<tr>
<td>Arthritis at time of surgery, n (%)</td>
<td>38 (43.2)</td>
<td>3 (13.6)</td>
<td>8 (30.8)</td>
<td>3 (30.0)</td>
<td>.065</td>
</tr>
<tr>
<td>Mean No. of dislocations</td>
<td>5.1 ± 8.6</td>
<td>4.6 ± 12.8</td>
<td>2.4 ± 2.1</td>
<td>1.0 ± 0.5</td>
<td>.468</td>
</tr>
<tr>
<td>No. with prior shoulder surgery (%)</td>
<td>3 (3.4)</td>
<td>0 (0)</td>
<td>8 (29.6)</td>
<td>0 (0)</td>
<td></td>
</tr>
<tr>
<td>No. of labral anchors</td>
<td>4.2 ± 1.7</td>
<td>3.2 ± 1.2</td>
<td>3.0 ± 0.8</td>
<td>2.4 ± 1.0</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>No. of RCR anchors</td>
<td>—</td>
<td>—</td>
<td>1.9 ± 1.1</td>
<td>2.1 ± 0.8</td>
<td>.564</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Mean ± SD</th>
<th></th>
<th>Mean ± SD</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tendons involved</td>
<td>n (%)</td>
<td>No. of dislocations, mean ± SD</td>
<td>Tendons involved</td>
<td>n (%)</td>
<td>No. of dislocations, mean ± SD</td>
</tr>
<tr>
<td>SST</td>
<td>16 (48.5)</td>
<td>2.2 ± 2.2</td>
<td>SST and IST</td>
<td>3 (9.1)</td>
<td>2.0 ± 1.0</td>
</tr>
<tr>
<td>SST and IST</td>
<td>1 (3.0)</td>
<td>4.0 ± 1.0</td>
<td>SBC</td>
<td>2 (6.1)</td>
<td>2.5 ± 2.1</td>
</tr>
<tr>
<td>SST, IST, and TM</td>
<td>6 (18.2)</td>
<td>2.5 ± 1.4</td>
<td>SBC, SST, and IST</td>
<td>5 (15.2)</td>
<td>1.2 ± 0.4</td>
</tr>
</tbody>
</table>

MRI, magnetic resonance imaging; SD, standard deviation; SST, supraspinatus tendon; IST, infraspinatus tendon; TM, teres minor tendon; SBC, subscapularis tendon.

**Table III**

Outcome score details comparing all 4 cohorts

<table>
<thead>
<tr>
<th>Score</th>
<th>Bankart repair (n = 58)</th>
<th>Bony Bankart repair (n = 13)</th>
<th>Bankart repair and RCR (n = 23)</th>
<th>Bony Bankart repair and RCR (n = 9)</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>SANE</td>
<td>80.8 ± 19.7</td>
<td>90.0 ± 10.7</td>
<td>79.3 ± 29.4</td>
<td>87.2 ± 10.6</td>
<td>.284</td>
</tr>
<tr>
<td>ASES</td>
<td>83.8 ± 19.7</td>
<td>92.4 ± 17.4</td>
<td>82.5 ± 25.6</td>
<td>85.6 ± 12.7</td>
<td>.114</td>
</tr>
<tr>
<td>PENN</td>
<td>84.5 ± 17.9</td>
<td>90.9 ± 15.3</td>
<td>83.6 ± 25.1</td>
<td>85.7 ± 13.0</td>
<td>.286</td>
</tr>
<tr>
<td>VAS</td>
<td>1.3 ± 2.9</td>
<td>0.7 ± 2.2</td>
<td>1.3 ± 2.9</td>
<td>0.9 ± 0.9</td>
<td>.283</td>
</tr>
<tr>
<td>WOSI Score</td>
<td>481.0 ± 519.5</td>
<td>292.1 ± 414.3</td>
<td>548.9 ± 690.5</td>
<td>320.6 ± 258.7</td>
<td>.713</td>
</tr>
<tr>
<td>%</td>
<td>27.5 ± 42.8</td>
<td>14.0 ± 19.8</td>
<td>26.1 ± 32.9</td>
<td>15.3 ± 12.3</td>
<td>.610</td>
</tr>
<tr>
<td>Satisfaction</td>
<td>8.0 ± 2.9</td>
<td>8.5 ± 2.5</td>
<td>8.3 ± 3.1</td>
<td>8.2 ± 2.9</td>
<td>.614</td>
</tr>
</tbody>
</table>

RCR, rotator cuff repair; SANE, Single Assessment Numeric Evaluation; ASES, American Shoulder and Elbow Surgeons score; PENN, Penn Shoulder Score; VAS, visual analog scale score for pain; WOSI, Western Ontario Shoulder Instability Index.
A fear in patients aged ≥ 40 years undergoing surgery for labral pathology is increased risk of postoperative stiffness. Shields et al. found that the 13 patients in their study (mean age, 58.8 years) who underwent simultaneous Bankart repair and RCR after shoulder dislocation had similar functional outcomes at an average of 3 years’ follow-up compared with the patients’ uninjured extremity. Even in those patients who had recurrent tears, functional outcomes were not affected. In our cohort, 3 patients (2.1%) had continued pain following surgery.

Our study is not without limitations. First, given the retrospective nature of our study design, the surgical techniques and indications may have varied based on the treating surgeon. We were unable to control for older patients presenting with more advanced pathology. It is difficult to determine the exact effect of RCR on the older patient because those patients who did not undergo an RCR were generally younger and likely had milder pathology at presentation. However, we did show that concomitant RCR in older patients is able to restore function and provide pain relief. Second, incomplete functional follow-up at 2 years leads to potential selection bias that could influence our findings. Third, a 2-year follow-up period might be inadequate to evaluate recurrent instability, and thus, no strong conclusions can be drawn. Finally, inconsistent imaging precludes us from presenting the severity of pathology (ie, size of bony lesions).

Conclusion

Similar functional outcomes can be achieved in the surgical management of anterior instability in patients aged ≥ 40 years. RCTs should be suspected and repaired in patients with anterior instability, especially those aged ≥ 50 years. Bankart repair and bony Bankart repair with and without additional RCR are effective means to restore function and relieve pain. Further investigation is needed to determine the true effect of concomitant RCR and the exact age at which an RCR would be beneficial in the setting of capsulolabral repair.

Disclaimer

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