



Similar Rates of Return to Play following Arthroscopic Bankart Repair or Latarjet Procedure – A Systematic Review

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Conflict of Interest

– None



PURPOSE

The purpose of the current study is to systematically review the current evidence in the literature to compare return to play following arthroscopic Bankart repair versus open Latarjet procedure for the treatment of anterior shoulder instability.



METHODS

A literature search was performed based on the PRISMA guidelines.

Comparative studies reporting return to play following arthroscopic Bankart repair versus open Latarjet procedure were included.

Return to play was compared, with all statistical analysis performed using Review Manager Version 5.3.

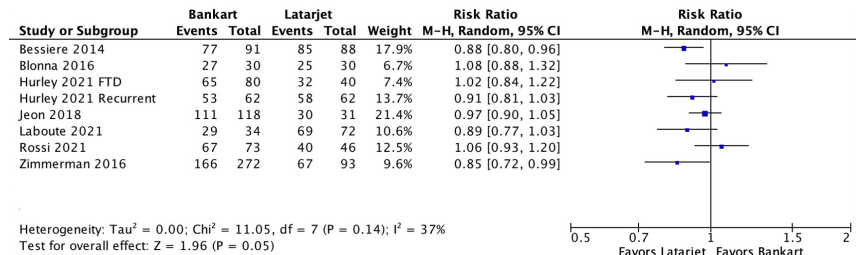


RESULTS

Nine studies with 1242 patients were included.

The rate of return to play was 61%-94.1% among those undergoing arthroscopic Bankart repair, and 72%-96.8% in those undergoing an open Latarjet procedure.

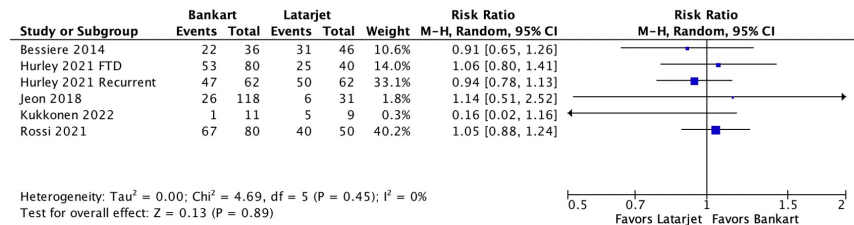
Two studies found a significant difference in favor of the Latarjet procedure ($p < 0.05$ for both, $I^2 = 37\%$).





RESULTS

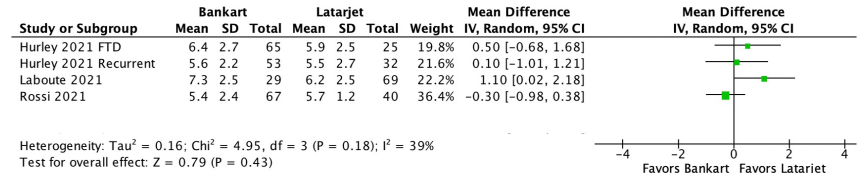
The rate of return to play at pre-injury level was 9%-83.8% among those undergoing arthroscopic Bankart repair, and 19.4%-80.6% in those undergoing an open Latarjet procedure, with no study finding a significant difference ($p > 0.05$ for all, $I^2 = 0\%$).





RESULTS

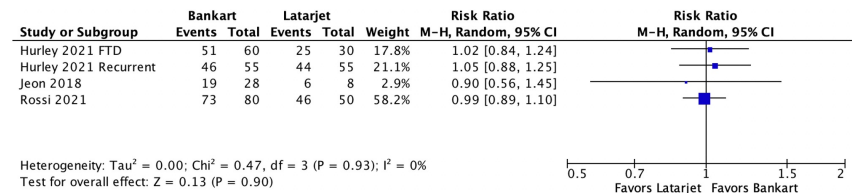
The mean time of return to play was 5.4-7.3 months among those undergoing arthroscopic Bankart repair, and 5.5-6.2 months in those undergoing an open Latarjet procedure, with no study finding a significant difference ($p > 0.05$ for all, $I^2 = 39\%$).





RESULTS

The rate of return to play in collision athletes was 67.8%-91.3% among those undergoing arthroscopic Bankart repair, and 75%-92% in those undergoing an open Latarjet procedure, with no study finding a significant difference ($p > 0.05$ for all, $I^2 = 0\%$).





CONCLUSION

Overall, there is no significant difference in rates of return to play or timing following arthroscopic Bankart repair or open Latarjet procedure.

Furthermore, there was no significant difference in rate of return to play at pre-injury level, or rate of return to play among collision athletes.