

Dr. Ivan Wong

“The Arthroscopic Treatment of Recurrent Anterior Shoulder Instability: A Randomized Control Trial”

Dr. Ivan Wong and Dr. Nathan Urquhart (2015) developed and published an all-arthroscopic anatomic glenoid technique using distal tibia allograft, which avoids damaging the subscapularis muscle, and allows for a repair of the anterior labrum and capsular tissues. This technique has all the advantages of both the European and American procedures and is based off the arthroscopic Bankart repair done in a lateral decubitus position. It requires only one additional medial portal that is created from an inside-out technique to avoid injuring neurovascular structures. Because it is an inside-out portal created parallel to the glenoid surface, it is reproducible for safe passage of the graft. In addition, since it is arthroscopic, it is more likely to be adopted by surgeons and better accepted by patients. Fulfilling the principles of orthopaedic care, this technique recreates the bony and soft tissue anatomy while using minimally invasive methods.

The primary objective of our full study, *The Arthroscopic Treatment of Recurrent Anterior Shoulder Instability: A Randomized Controlled Traial (ATRASI)*, is to compare the clinical outcome of arthroscopic Bankart repair vs arthroscopic anatomic glenoid reconstruction using allograft bone and Bankart repair in recurrent shoulder instability. To our knowledge, ATRASI is the first randomized controlled trial to compare soft tissue repair to bony reconstruction in shoulder instability. We hypothesize that the arthroscopic anatomic glenoid reconstruction using bone graft and Bankart repair will provide better functional outcomes and decrease the risk of recurrent dislocation/subluxation.