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Outcomes in Knot vs Knotless Surgery in Labrum Tears

Zachary Howell, Benjamin Hendy, MD*

A Bankart lesion is a tear of the anterior and inferior glenoid labrum. The primary method of repairing this lesion is to sew the detached part back to the joint, however there is a relatively newer method of doing so that does not involve tying a knot in the joint which may cause less joint irritation. The question our research project attempted to answer was: How do the long-term outcomes associated with knotless Bankart labrum repairs compare with the knot repairs? A retrospective cohort study was done with Rothman Institute Bankart lesion patients from 2010-2016. Data was gathered over phone calls and responses to certain categorical questions like motion, function, stability and return to OR were measured on a scale 0-3. The mean score of these categories was calculated and many of them were close to identical. One category where there was some degree of difference was stability (0=no subluxation, 3=recurrent dislocation). Those who had the knot surgery reported a mean of 1.53 level of instability and those who had the knotless surgery reported a mean of 1.13. It was previously hypothesized that the knotless surgery would have fewer detrimental effects and although this is possible with a lower instability rating, the results were not statistically significant since the p-value was 0.43. However, it is possible that this result can be clinically significant for surgeons when deciding which surgical technique to employ.