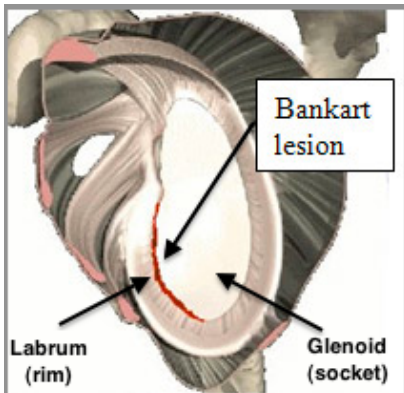


BANKART TEARS

What is a “Bankart” tear?



A Bankart tear is a type of injury to the rim of tissue (labrum) that surrounds the socket of the shoulder joint. It typically occurs as a result of shoulder dislocation. When the labrum, joint capsule and surrounding ligaments are damaged, shoulder stability is compromised and repeated dislocations may occur.

What causes a Bankart tear?

- Shoulder dislocations
- Falling onto an outstretched arm
- Direct shoulder impact

What are the symptoms?

- Shoulder aches and pains
- Feeling of instability/ fear of dislocation
- Repeated dislocations
- Diminished range of motion

What investigations do I need to have done?

Typically, we start with an x-ray to make sure there are no fractures and to examine your joint for signs of arthritis, bony spurs, and any other abnormalities. An ultrasound may initially be performed to identify the type of damage. An MRI, with injected dye (referred to as an arthrogram) is typically required to confirm the diagnosis.

What are my treatment options?

Rest and activity modification can help to reduce the pain. Physiotherapy can improve shoulder stability and strength of surrounding muscles. However, surgery may be needed to re-attach the torn labrum back to bone. The procedure is referred to as a shoulder arthroscopy, where a camera is inserted into the joint to view the damage and guide the repair process. Anchors and sutures are used to secure the labrum and restore joint stability.

