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“Latarjet vs Arthroscopic Anatomic Glenoid Reconstruction for Treatment of Anterior Shoulder Instability with Glenoid Bone Loss: a Prospective Multi-Centre Randomized Trial”

Shoulder instability is a common and debilitating condition, particularly among young, active patients. This condition presents a severe burden for affected individuals and has the potential to decrease their quality of life and limit daily activities. If left untreated, shoulder instability can lead to further dislocations, causing additional damage to the glenoid (shoulder cavity) and resulting in glenoid bone loss. When glenoid bone loss reaches a critical threshold, surgery is required to restore shoulder stability, typically through bone grafting procedures.

The Latarjet procedure is the most commonly used surgery for treating shoulder instability with glenoid bone loss, but it is invasive and carries certain risks. An alternative technique called Arthroscopic Anatomic Glenoid Reconstruction (AAGR) has shown promise as a less invasive approach that preserves the natural anatomy of the shoulder. Early research has suggested AAGR may have similar success rates to Latarjet, but additional research is required to determine how these procedures directly compare to each other, specifically in terms of patient outcomes.

This randomized clinical trial will compare the Latarjet and AAGR procedures across multiple surgeons and hospitals. Patients with shoulder instability and glenoid bone loss will be randomly assigned to one of the two surgery groups. We will measure key outcomes including complication rates, recurrent dislocations, and clinical and radiographic outcomes until two years post-surgery. We hypothesize that compared to the Latarjet procedure, AAGR will demonstrate lower complication rates, and similar recurrent instability rates and clinical and radiographic outcomes. If AAGR is shown to be similarly effective to Latarjet while being less invasive, it could become a preferred treatment option for patients with significant bone loss, offering a safer and more accessible option for individuals needing shoulder surgery.