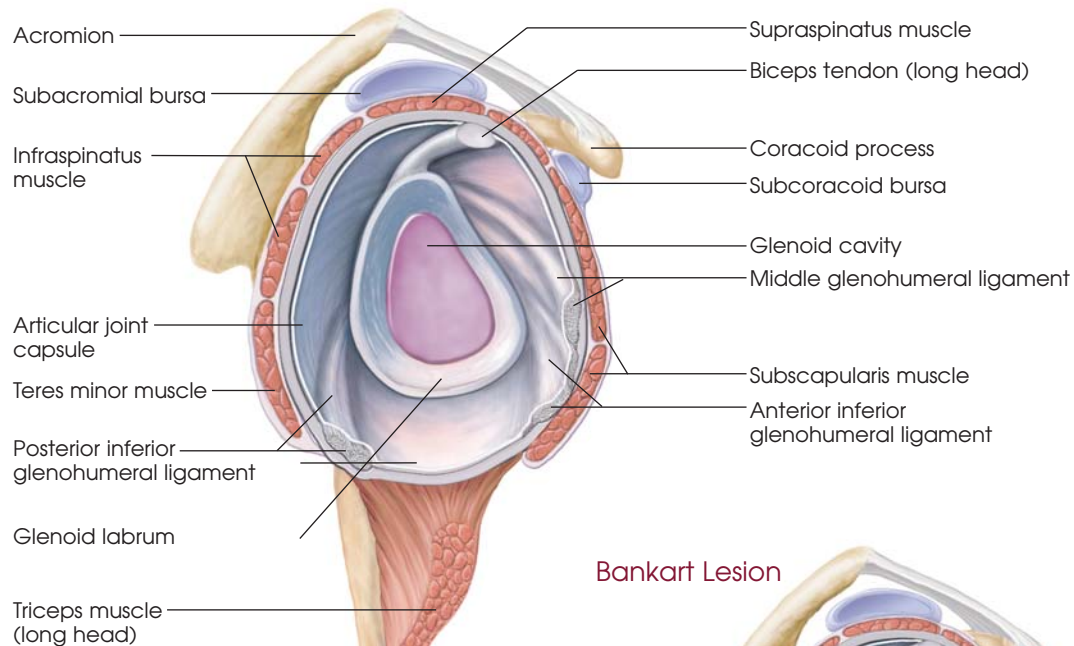
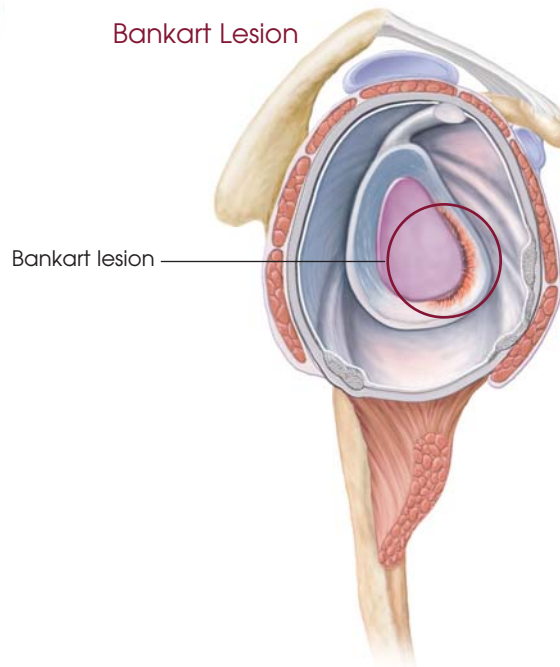


Bankart Lesion

Normal Shoulder Anatomy: Socket View



Bankart Lesion



Bankart Lesion is a tear in the cartilage lining of the shoulder socket called the labrum. This injury commonly occurs when the shoulder dislocates which can happen in contact sports such as football or hockey or activities which cause falls, such as downhill skiing, soccer or volleyball. Symptoms include aching, feelings of instability or catching in the shoulder and repeated dislocations.

Common Treatment Options

- Rest and wear a sling on the injured arm. The length of time of sling use is dependent only on patient comfort. Longer use does not improve stability.
- Attend physical therapy to improve range of motion and optimize muscle coordination.
- Surgery may be recommended to repair the lesion/tear if instability recurs or if the patient is in a high demand sport.

Notes:

Contact information