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Clinical effects of arthroscopic treatment for chronic locked posterior shoulder dislocation combined with reverse Hill-Sachs lesion

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Introduction and Background

To analyze the feasibility and clinical effects of arthroscopic treatment for the chronic locked posterior shoulder dislocation combined with reverse Hill-Sachs lesion.

Material and Method

A total of 9 patients diagnosed as chronic locked posterior shoulder dislocation combined with reverse Hill-Sachs lesion from June 2018 to April 2024 were retrospectively analyzed. All the 9 patients received arthroscopic reduction, reverse bankart repair and reverse remplissage procedure with humeral head defect area from 20% to 50%. There were 7 males and 2 females with average age of 53.8 years old and 6 right shoulder, 3 left shoulder were involved. Clinical effect were evaluated with imaging examination, the range of motion of the shoulder (ROM), visual analogue scale (VAS), University of California-Los Angeles Shoulder Score (UCLA) and Constant Scores.

Results

All the 9 patients received an average postoperative follow-up from 6 months to 26 months, with an average of 17.8 months. At the final follow-up, there was one patient diagnosed as avascular necrosis of humeral head, but no recurrent dislocation occurred. According to the Constant scores: 6 cases were rated as excellent, 2 cases were rated as good and 1 case rated as fair. the average of excellent and good result was 88.89%. the average UCLA score of the 9 patients were 29 points (from 35 points -23 points).

Conclusions

Arthroscopic treatment for the chronic locked posterior shoulder dislocation combined with reverse Hill-Sachs lesion is effective, It has advantages of minimal invasive and definite clinical effects.





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Figure & Table 1.



Clinical effects of arthroscopic treatment for chronic locked posterior shoulder dislocation combined with reverse Hill-Sachs lesion

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[Abstract] Objective To analyze the feasibility and clinical effects of arthroscopic treatment for the chronic locked posterior shoulder dislocation combined with reverse Hill-Sachs lesion. **Methods** A total of 9 patients diagnosed as chronic locked posterior shoulder dislocation combined with reverse Hill-Sachs lesion from June 2018 to April 2024 were retrospectively analyzed. All the 9 patients received arthroscopic reduction, reverse bankart repair and reverse remplissage procedure with humeral head defect area from 20% to 50%. There were 7 males and 2 females with average age of 53.8 years old and 6 right shoulder, 3 left shoulder were involved. Clinical effect were evaluated with imaging examination, the range of motion of the shoulder (ROM), visual analogue scale (VAS), University of California-Los Angeles Shoulder Score (UCLA) and Constant Scores. **Results** All the 9 patients received an average postoperative follow-up from 6 months to 26 months, with an average of 17.8 months. At the final follow-up, there was one patient diagnosed as avascular necrosis of humeral head, but no recurrent dislocation occurred. According to the Constant scores: 6 cases were rated as excellent, 2 cases were rated as good and 1 case rated as fair. the average of excellent and good result was 88.89%. the average UCLA score of the 9 patients were 29 points (from 35 points -23 points). **Conclusion** Arthroscopic treatment for the chronic locked posterior shoulder dislocation combined with reverse Hill-Sachs lesion is effective, It has advantages of minimal invasive and definite clinical effects.

[Keywords] posterior shoulder dislocation, reverse Hill-Sachs lesion, remplissage procedure, arthroscopy

