

What is the evidence-based treatment for shoulder instability in children after a traumatic anterior dislocation?

The evidence suggests that arthroscopic Bankart repair is the most effective treatment for preventing recurrence of shoulder instability in children after a traumatic anterior dislocation, with surgical intervention outperforming conservative approaches.

This summary presents the clinical bottom line. [Click here](#) to read the full evidence-based answer on AskTrip, including detailed rationale and references