

# Arthroscopic Capsulorrhaphy for Shoulder Instability

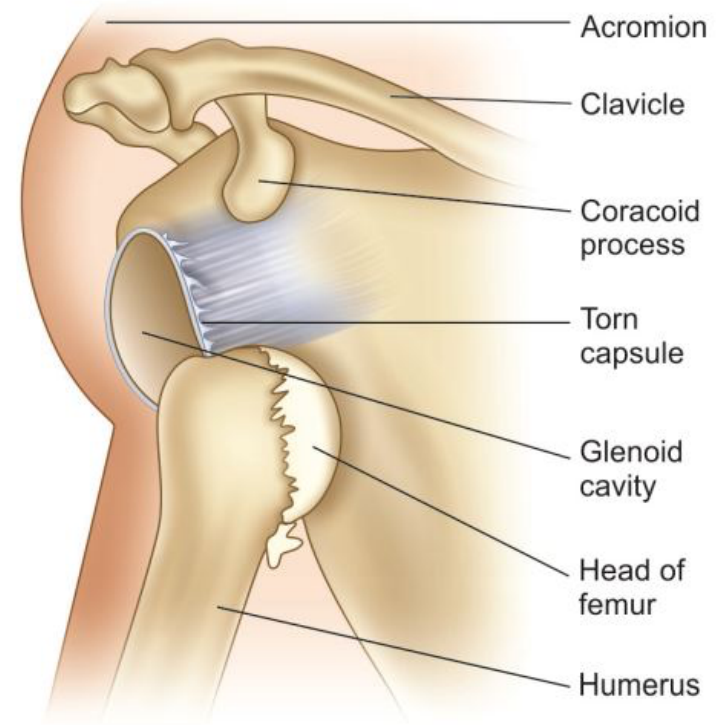


Michael Saper, DO, ATC, CSCS  
Assistant Professor, Orthopedics and Sports Medicine



# Why is the shoulder unstable?

- **Capsule is stretched out**



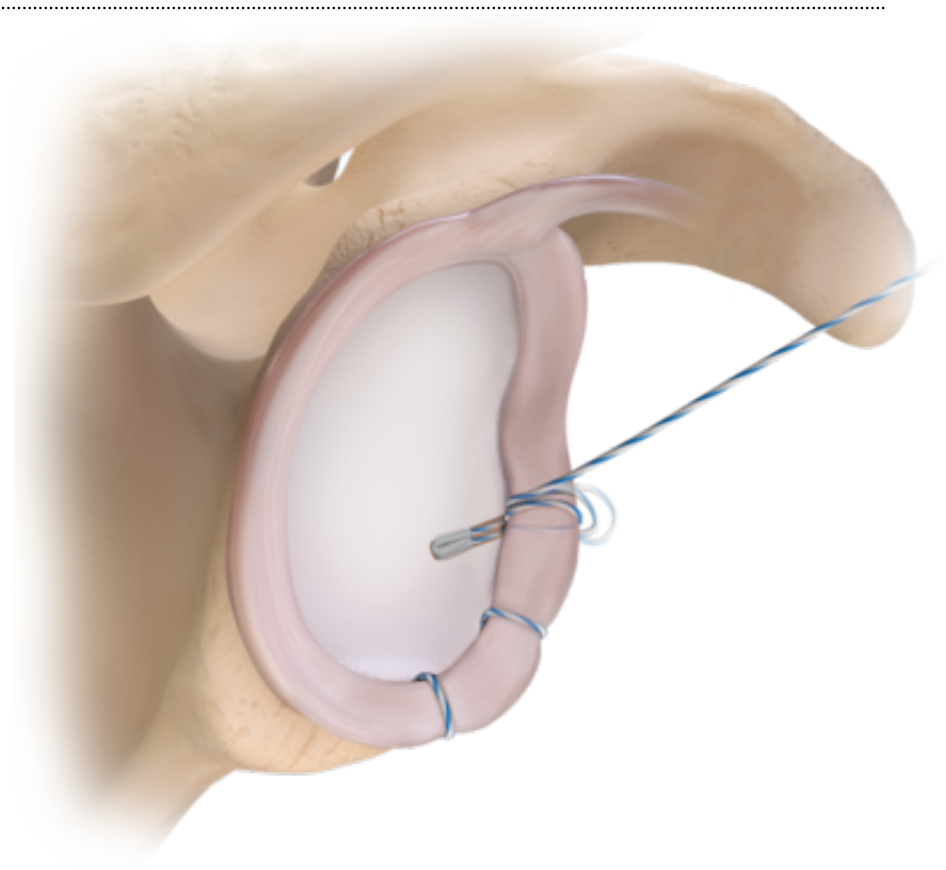
# Shoulder Arthroscopy – Capsulorrhaphy

**Outpatient** surgery (go home same day)

**General anesthesia** (asleep the whole surgery and won't feel anything)

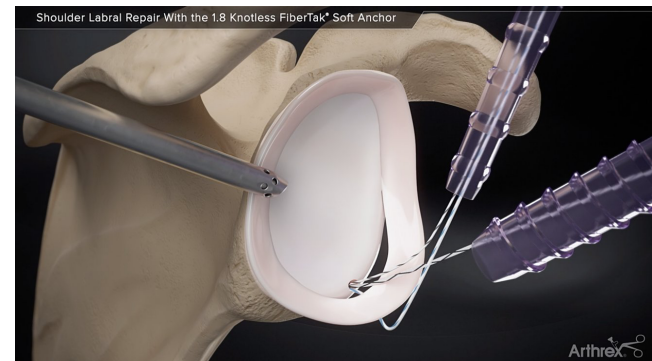
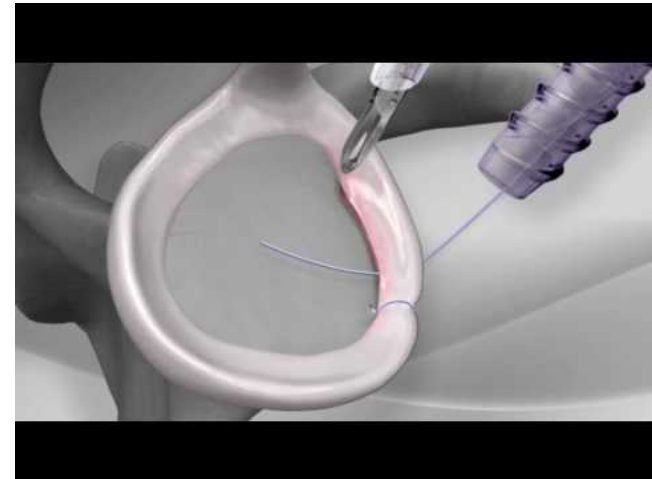
**Arthroscopic** surgery with small incisions

Capsule is repaired and tightened



# My Preferred Techniques

<https://www.orthoillustrated.com/animation/26-knotless-shoulder-labral-repair-with-arthrex-pushlock>



<https://www.youtube.com/watch?v=pQCYwrs9dvl>

# Complications and Considerations

Anesthesia

Bleeding

Nerve injury

Infection (1%)

Stiffness (5%)

**Recurrence (17-25%)**

**Return to sport (44-83%)**

**Results better with traumatic  
onset**

**Clinical Outcomes, Survivorship, and Return to Sport After Arthroscopic Capsular Repair With Suture Anchors for Adolescent Multidirectional Shoulder Instability**

Results at 6-Year Follow-up

**Outcomes After Arthroscopic Pancapsular Capsulorrhaphy With Suture Anchors for the Treatment of Multidirectional Glenohumeral Instability in Athletes**

Mitchell et al. *OJSM* 2021

Raynor et al. *AJSM* 2016

# Rehabilitation and Return to Sports

**Sling after surgery for 6 weeks**

**Physical therapy starts 3-7 days after surgery**

**Initial healing typically at 3 months**

**Return to contact sports at 5-6 months**



Thank you for your attention!



Contact:

[www.sapersportsmed.com](http://www.sapersportsmed.com)

@DrMichaelSaper

