Arthroscopic Labral Repair for Anterior Shoulder Instability

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Anatomy

Bankart Lesion

Humerus

Labrum

Glenoid

Labrum

Bankart lesion
Without surgery:

- Continued **instability**
- Progression of **arthritis**
- Surgical stabilization more difficult
- Decrease success of arthroscopic repair
- Could require **more invasive** procedures with more complications.
- Lower functional outcomes

- **Increased cost** over long term
- Low return to sport
Shoulder Arthroscopy – Labral Repair

- **Outpatient surgery** (go home same day)
- **General anesthesia** (asleep the whole surgery and won’t feel anything)
- **Arthroscopic surgery** with small incisions
- Repair labrum to the socket with suture anchors
My Preferred Techniques


https://www.youtube.com/watch?v=pQCYwrs9dvI
Complications and Considerations

- Anesthesia
- Bleeding
- Nerve injury
- Infection (1%)
- Stiffness (5%)
- Recurrence (10%)
- Return to pre-injury level of sport (80%)

High rate of return to sport in adolescent athletes following anterior shoulder stabilisation: a systematic review

Connor S Kasik, Michael R Rosen, Michael G Saper, Robert L Zondervan

Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports

Michael G. Saper, DO, ATC, Charles Milchteim, MD, Robert L. Zondervan, BS, James R. Andrews, MD, and Roger V. Ostrander III, MD

Investigation performed at the Andrews Research and Education Foundation, Gulf Breeze, Florida, USA
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!

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