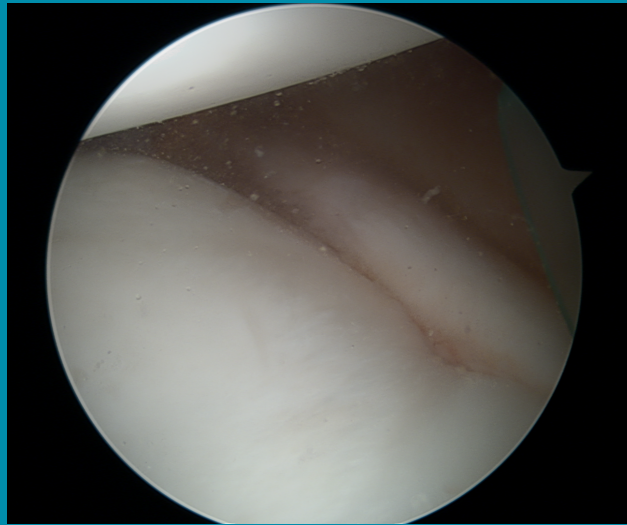
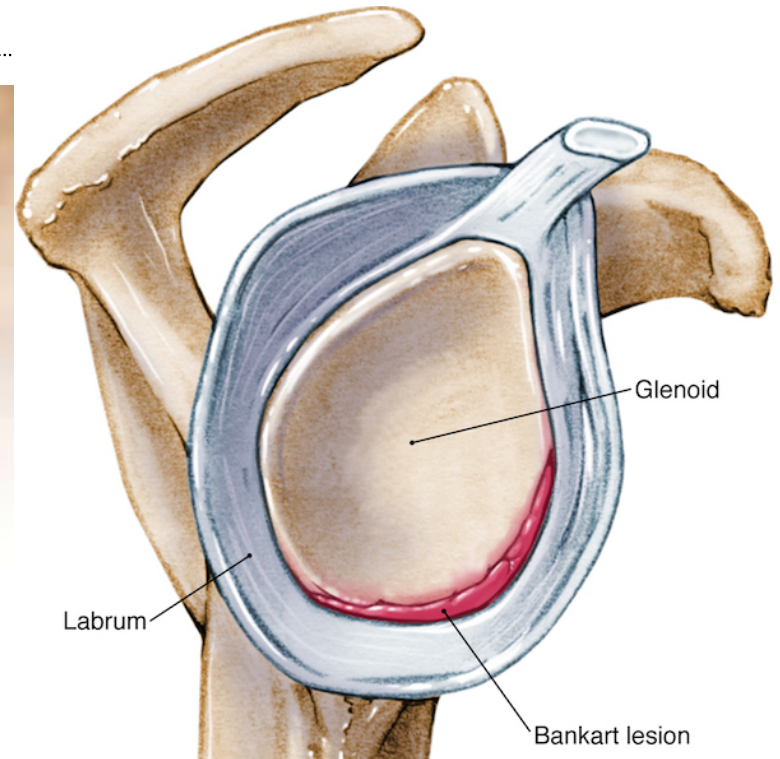


# Arthroscopic Labral Repair for Anterior Shoulder Instability



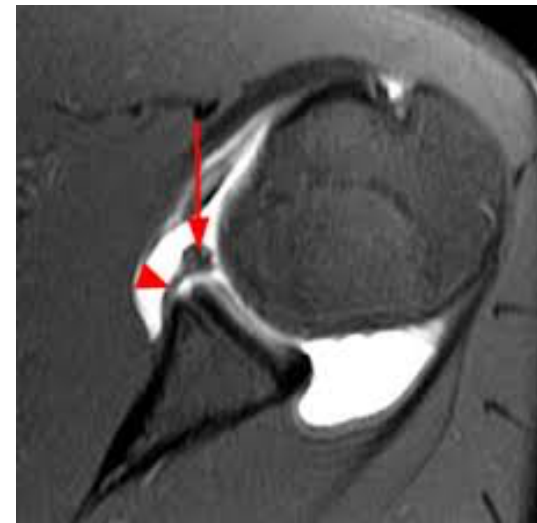
Michael Saper, DO, ATC, CSCS  
Assistant Professor, Orthopedics and Sports Medicine

# Anatomy



## 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



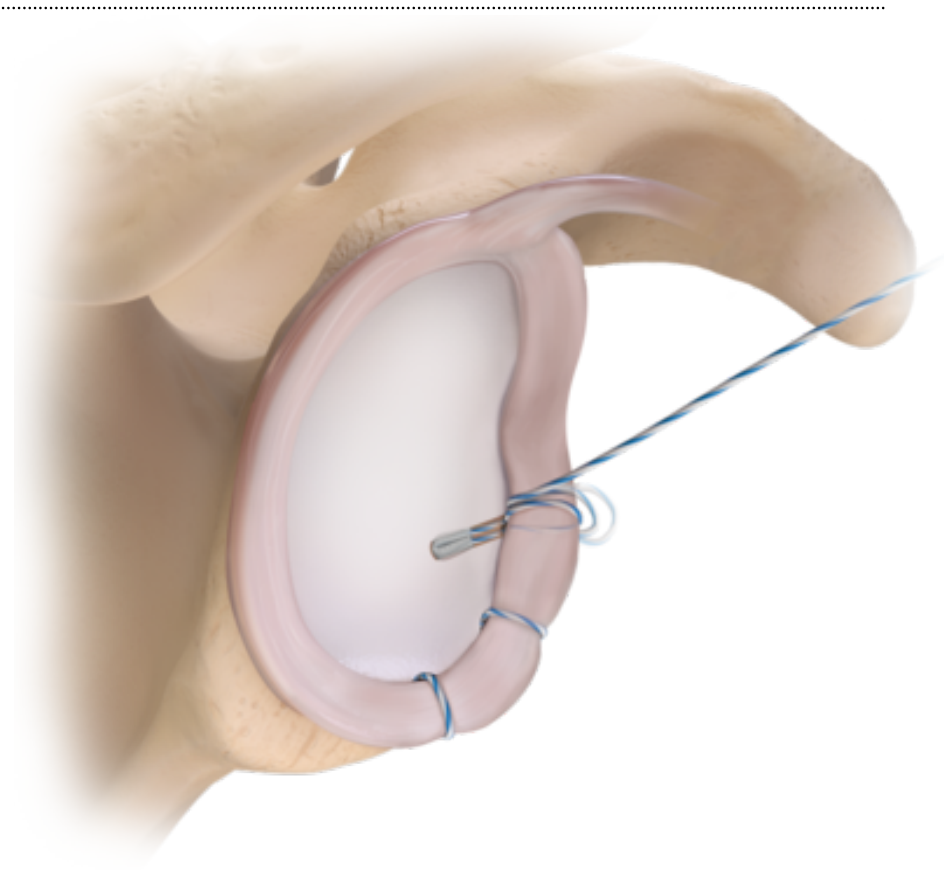
# Shoulder Arthroscopy – Labral Repair

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

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

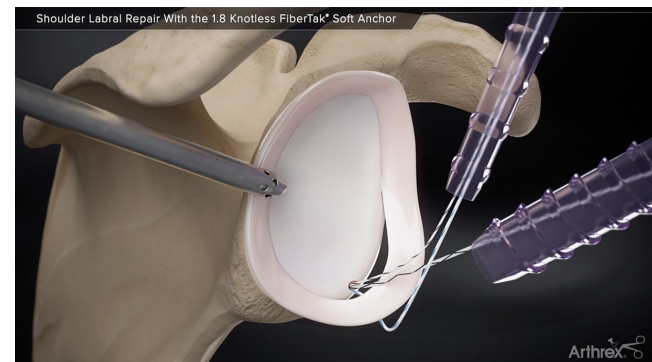
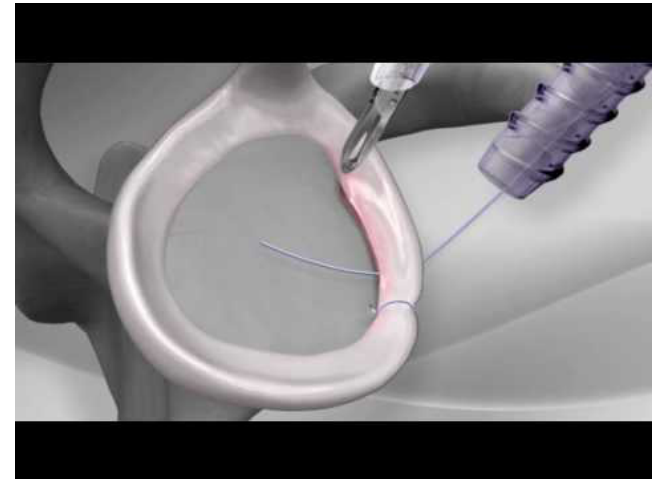
**Arthroscopic** surgery with small incisions

Repair labrum to the socket with suture anchors



# My Preferred Techniques

<https://www.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 (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<sup>1</sup>, Michael R Rosen<sup>1</sup>, Michael G Saper<sup>2</sup>, Robert L Zondervan<sup>3</sup>

[Author affiliations +](#)

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

Michael G. Saper,<sup>\*†</sup> DO, ATC, Charles Milchteim,<sup>‡</sup> MD, Robert L. Zondervan,<sup>§</sup> BS, James R. Andrews,<sup>†</sup> MD, and Roger V. Ostrander III,<sup>†</sup> 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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