Arthroscopic Labral Repair for Posterior Shoulder Instability

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Anatomy

Reverse Bankart tear

reverse Bankart lesion
Without surgery…

- Continued pain and instability
- Progression of arthritis
- Surgical stabilization more difficult
- Decrease success of arthroscopic repair
- Could require more invasive procedures with more complications.

- Lower functional outcomes
- 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%)
Failure (5.4-12.5%)
Return to pre-injury level of sport (65%)
*Contact athletes: RTS (94%)
(same level 72%)

Posteriors Shoulder Instability: Surgical Outcomes and Risk of Failure in Adolescence

Risk Factors and Outcomes of Revision Arthroscopic Posterior Shoulder Capsulolabral Repair

Revision Arthroscopic Posterior Shoulder Capsulolabral Repair in Contact Athletes: Risk Factors and Outcomes

Asturias et al. AJSM 2020
Bradley et al. AJSM 2018
Bradley et al. Arthroscopy 2020
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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