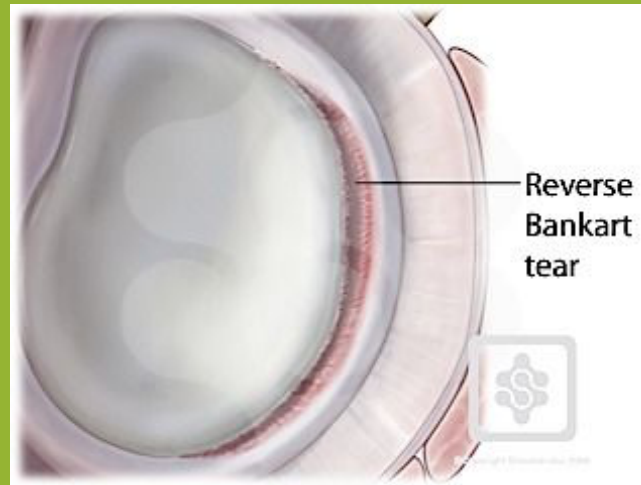
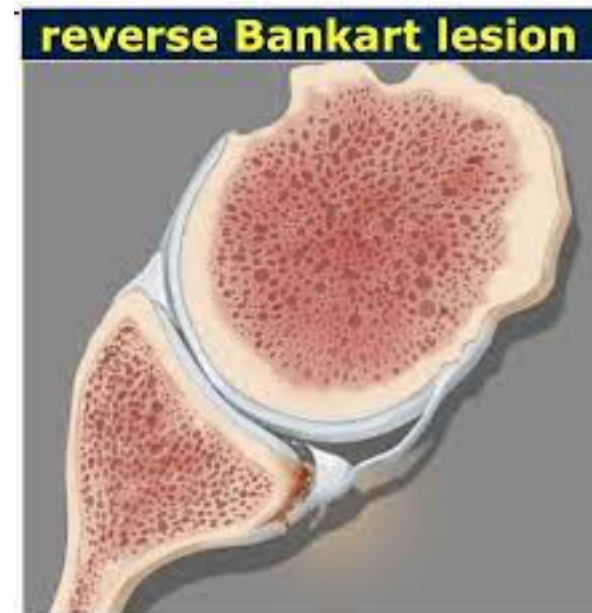


Arthroscopic Labral Repair for Posterior Shoulder Instability



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Assistant Professor, Orthopedics and Sports Medicine

Anatomy



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

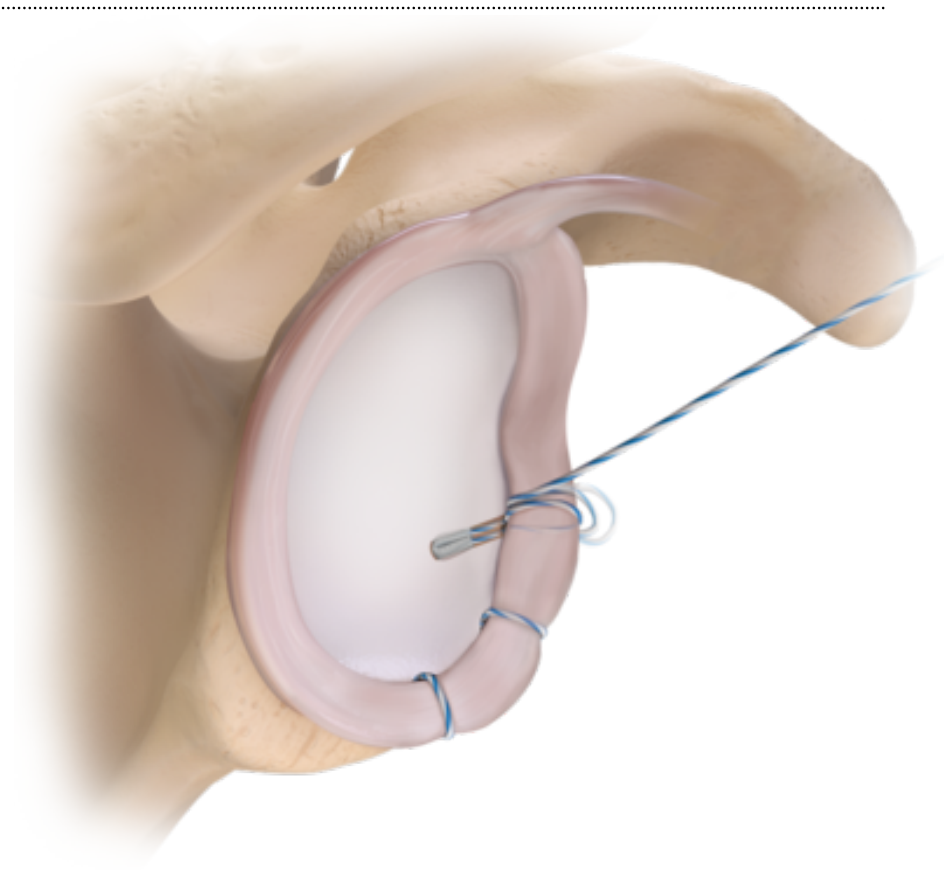
Shoulder Arthroscopy – Labral Repair

Outpatient surgery (go home same day)

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

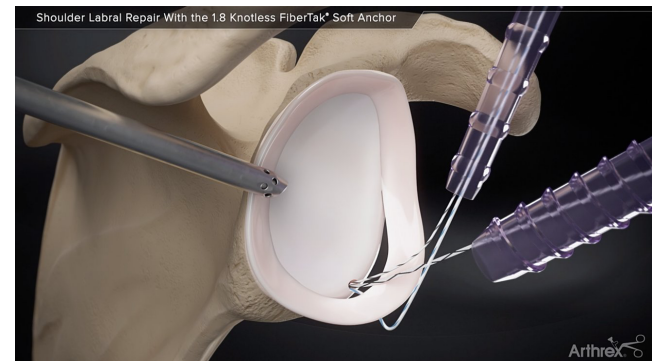
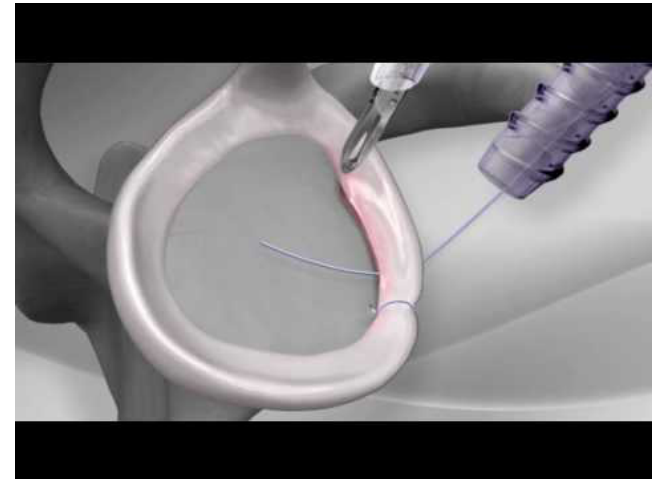
Arthroscopic surgery with small incisions

Repair labrum to the socket with suture anchors



My Preferred Techniques

<https://www.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%)

Failure (5.4-12.5%)

Return to pre-injury level of sport (65%)

***Contact athletes: RTS (94%)
(same level 72%)**

**Posterior 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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