Arthroscopic Labral Repair for Anterior Shoulder Instability
Anatomy

Humerus

Labrum

Bankart Lesion

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.
- **Increased cost** over long term
- **Low return to sport**
- **Lower functional outcomes**
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=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
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Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports
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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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