Complications in Arthroscopic Shoulder Instability Surgery

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Speaker Disclosure

Disclosure Information
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Complications Uncommon, but….  

Complications  
• Pre-operative  
• Operative  
• Post-operative  

Pre-operative Complications  
Poor Patient Selection  
• More critical to consistent outcomes than surgical ability/technique  
• Inability to identify Psych/social issues
Incorrect Diagnosis
- Problems occur with incorrect and/or incomplete diagnosis

Comcomitant Medical Problems

Lack of Appropriate Imaging

Anesthesia
- Interscalene Blocks
  - Neurological damage
  - Phrenic nerve
  - Hematoma
- Hypotension
Operative Complications

Positioning
• Pressure Points
  – Axilla, knee, genitals
• Traction Injury
  – neuropraxia
• Neck Injury

Operative Complications

Technique
• Portals

Operative Complications

Technique
(Inadequate visualization)
• Unrecognized HAGL
  – Index of suspicion in unstable shoulder w/ seemingly intact labral glenoid attachment
  – Look for exposed subscapularis muscle
Operative Complications

Technique
(Inadequate visualization)
• Inadequate pressure from pump or gravity
• Bleeding

Operative Complications

Technique
• Excess Fluid
  – Extravasation with deviation of trachea

Operative Complications

Technique
• Damage to Articular Surfaces
**Operative Complications**

**Technique**
- Improper Anchor Placement
  - Too Medial on Glenoid
  - Not Deep enough into Bone

**Operative Complications**

**Technique**
- Improper Anchor Placement
  - Not Enough Anchors (need at least 3 for most ant. Stabilizations)
  - Failure to repair to the 5 – 6 o’clock position

**Operative Complications**

**Technique**
- Anchor Migration/Fragmentation
Operative Complications

Technique
- Inadequate Implant Strength

Operative Complications

Technique
- Suture Problems
  - Breakage
  - Fraying
  - Tangled Suture
  - Unloading of Anchor
- Knot Problems
  - Slippage
  - Placement on Articular Side

Operative Complications

Technique
- Instrumentation Breakage
Technique

- Overtreatment
  - Fixation of sublabral foramen, buford

Operative Complications

- Overtightening

Post-Operative Complications

- Infection
- Non-compliance
Post-Operative Complications
Too Aggressive Rehab
Lack of Appropriate Rehab

Post-Operative Complications
Premature Return to Activity

Post-Operative Complications
Stiffness
- Adhesive Capsulitis
- Overtightening
  - May lead to constraint on joint and DJD
• Pre-operative
  – Appropriate patient and indications

• Operative
  – Appropriate technique, set-up, instrumentation, implants, skill

• Post-operative
  – Rehabilitation and compliance

Thank You

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