Complications in Arthroscopic Shoulder Instability Surgery

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SPORTS MEDICINE

Speaker Disclosure

Disclosure Information
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Complications Uncommon, but….

Complications

- **Pre-operative**
- **Operative**
- **Post-operative**

Pre-operative Complications

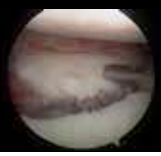
Poor Patient Selection

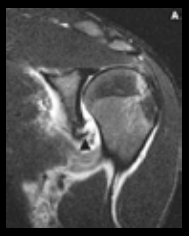
- More critical to consistent outcomes than surgical ability/technique
- Inability to identify Psych/social issues

Pre-operative Complications

Incorrect Diagnosis

- Problems occur with incorrect and/or incomplete diagnosis





Pre-operative Complications

Comcomitant Medical Problems

Lack of Appropriate Imaging

Operative Complications

Anesthesia

- Interscalene Blocks
  - Neurological damage
  - Phrenic nerve
  - Hematoma
- Hypotension

Operative Complications

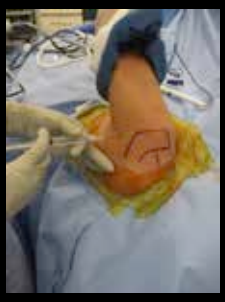
Positioning

- Pressure Points
  - Axilla, knee, genitals
- Traction Injury
  - neuropraxia
- Neck Injury

Operative Complications

Technique

- Portals

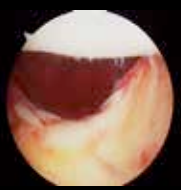


Operative Complications

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

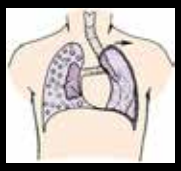
(Inadequate visualization)

- Inadequate pressure from pump or gravity
- Bleeding

Operative Complications

Technique

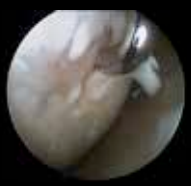
- Excess Fluid
  - Extravasation with deviation of trachea



Operative Complications

Technique

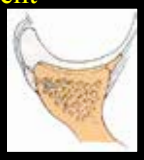
- Damage to Articular Surfaces



Operative Complications

Technique

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



Operative Complications

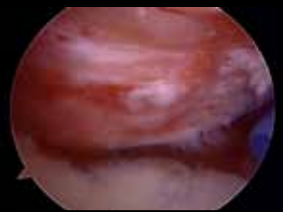
Technique

- 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

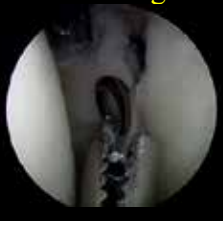
Technique

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

Operative Complications

Technique

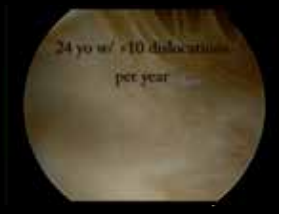
- Instrumentation Breakage



Operative Complications

Technique

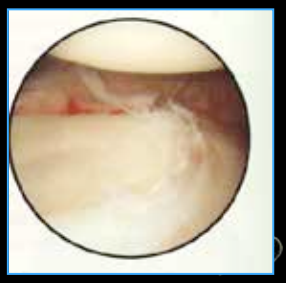
- Poor Capsular Tissue
- Poor Bone Quality



Operative Complications

Technique

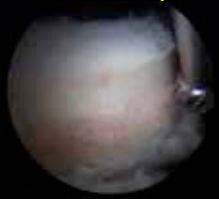
- Inadequate Restoration of Capsular Tension



Operative Complications

Technique

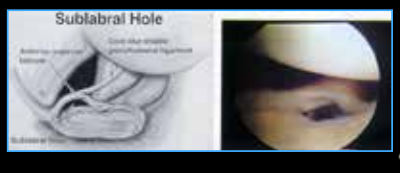
- Inadequate Glenoid Preparation



Operative Complications

Technique

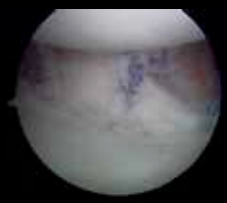
- Overtreatment
  - Fixation of sublabral foramen, buford



Operative Complications

Technique

- Overtreatment
  - 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

Summary Complications

- **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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