

Arthroscopic Capsulolabral Repair for Posterior Shoulder Instability

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This video demonstrates arthroscopic capsulolabral repair performed in a young, high-level athlete with posterior shoulder instability. The video reviews the proper indications and contraindications for such a procedure. The case presentation of posterior shoulder instability is reviewed, with appropriate clinical findings, imaging studies, and diagnostic workup discussed. The basic operating room equipment requirements, preoperative examination under anesthesia, and a step-by-step intraoperative technique are then reviewed. Finally, the postoperative/rehabilitation protocol preferred by the senior author of this video is reviewed, and supporting literature for this technique is discussed.