Capsulolabral Plication for Atraumatic Instability of the Shoulder: A Case Series

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INTRODUCTION: The purpose of this study was to evaluate patient-reported outcomes (PROs) after arthroscopic capsulolabral plication in patients with atraumatic instability (Al).

METHODS: A retrospective review of 282 cases of AI treated with capsulolabral plication from January 2012 to 2020 was conducted. Patient characteristics, comorbidities, and preoperative American Shoulder and Elbow Surgeons (ASES) scores were queried. Telesurveys were administered to obtain postoperative ASES and Western Ontario Shoulder Instability Index (WOSI) scores. Wilcoxon signed-rank tests were used for statistical analysis.

RESULTS: Forty-five cases were included in the final analysis. The cohort was 60% female and 40% male, with mean age and body mass index of 25.4 years and 25.5 kg/m², respectively. Mean preoperative and final postoperative ASES scores were 53.0 and 76.0, respectively, with a delta ASES score of 23.9 (p<0.0001). The mean postoperative WOSI score was 358.65 or 82.92% of a normal shoulder.

DISCUSSION AND CONCLUSION: Patients reported significantly less pain and improved shoulder function following capsulolabral plication for Al. In patients that fail conservative treatment, arthroscopic capsulolabral plication can be an efficacious treatment option.

Diabetes without comp. n (%)			
Yes	1 (2.22)		
Na	44 (97.76)		
Diabetes with comp, n (%)			
Yes	0 (0.00)		
No	45 (100.0)		
Hemiplegia, n (%)			
Yes	0 (0.80)		
No	45 (190.0)		
Metastatic Solid Turnor, n (%)			
Yes	0 (0.00)		
No	45 (190.0)		
Mild Liver Disease, n (%)			
Ye	1 (2.22)		
No	44 (92.78)		
Maderate/Sonor Liver Disease, n (%)			
Ye	0 (0.80)		
No.	45 (190.0)		
MI, s (%)			
Ye	1(22)		
No.	44 (97.78)		
Poptic Ulcer Disease, n (%)			
Ye	2(4.40)		
No.	43 (95.56)		
PVD, n (%)			
Ye	1 (2.22)		
No.	44 (92.78)		
Rosal Disease, n (%)			
Yes	0 (8.80)		
No.	45 (190.8)		
Rheumatic Discoss, e (%)			
Yes	10	1 (2.25)	
Ne	44.0	44 (97,78)	
		Mean (SD)	
Age (years), Mean (SD)	43	29.4 (10.41)	
Height, Mean (SD)	45	67.5 (3.33)	
Weight, Mean (SD)	45	164.2 (33.69)	
BMI, Mess (SD)	45	25.5 (5.59)	

Table I: Patient characteristics and comorbidities			
Clinicoparthologic Frances (10-45)	Overall		
Gooder, n (%)			
М	18 (40.00)		
,	27 (90.00)		
Race, n (%)			
White	34 (75.56)		
Hispania	1 (2.22)		
Maltimetal	2 (4.44)		
Other	6 (13.33)		
Preference set indicated	2 (4.44)		
Ethnic, n (%)			
Hispanic ceigin	8 (17.78)		
Non-Wapunic origin	35 (77.78)		
Profess not to assewer	1 (2.22)		
Unknown	1 (2.22)		
Tebacco use, n (%)			
Noner	37 (82.22)		
Frener	4 (3.89)		
Current	4 (9.89)		
Ehlers- Danion symbrome, n (%)			
Yes	6 (13.33%)		
No	29 (86,67%)		
AIDSHIV, n (%)			
Yes	0 (8.90)		
No.	45 (100.0)		
Malignancy, n (%)			
Yes	0 (8.90)		
No.	45 (100.0)		
Yes	1 (2.22)		
No	44 (97.39)		
O0FD, x (%)			
Yes	1 (2.22)		
No	44 (97.78)		
Yes	1 (2.22)		
No	44 (97.78)		
Dementis, x (%)			
Yes	0 (8.00)		
No.	45 (100.0)		

Table II: Descriptive analyses for post-operative extromes in entire cohort, EDS orbest, and non-EDS orbest			
Perf-ventrative Studieses in contra colore (a=45)	Oncal		
prising last Nilly Supery, a this			
Yes	A0730		
Na .	17,02.25		
evereni Instability n (Ni)			
Yes	17 (21.8%		
No.	12(1.11)		
cot-operative Dialocation Event, n (%)			
Yes	40.00		
No.	61(91.02		
Post-morrative Engines in EDS unbort (arth, 13.33%)	Onrel		
anisim lastability Surgery, a (b)			
Yes	3190		
No.	5 (50)		
esperant landability in Chil			
Var	209301		
Ks	4(96.87)		
on-operative Dialocation Event, a (%)			
Yn	10640		
No.	500.00		
Part apprentite Englans in nam EDS solver (n=28, 86.67%)	Occup.		
enision Sedebility Servery, e (1)			
Yes	4/1626		
No.	15 (89.16)		
esperant Instability in PSI	22 (89,14)		
Yes	4/10/20		
Yes			
no constrint Didecation Event, a (No.	35 (89.54)		

ASES		Overall	Wiferson Ngood Rank, p-value	
		Mean (SD)		
Buscline ASES, Mean (SD)	45	53.0 (17.52)		
Final ASES, Mean (SD)	45	76.0 (19.08)		
Dolta ASES, Mesa (SD)	45	23.9 (15.44)	\$17.5,<8000*	
ASES				
n (%)	50 < ASES < 100		ASES ≤ 50	
Rasolino ASES, n (%)	23 (51.11)		22 (48.89)	
Final ASES, n (%)	39 (86.67)		6 (13.33)	
WOSE		Overall	WOSL%	WOSI % Normal
		Mean (SD)	Moun/Hax (%)	100 - WOSI %
WOSI Physical symptoms Score, Mean (SD)	45	170.6 (100.9)	170.6/1000 (17.06)	\$2,96%
WOSI Speris/recreation/work Scere, Most (SD)	45	63.45 (54.7)	63.45/400 (15.86)	84,14%
WOSI Lifertyle Score, Mean (SD)	45	63.1 (57.7)	63.1/ 400 (15.79)	84.22%
WOSI Emerion Score, Mean (SD)	45	61.5 (48.1)	61.5/300 (20.50)	29,50%
		358.65 (234.5)	158.65/2100 (17.08)	82.92%