

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

Hassan Farooq¹, Krishin S Shivdasani², Nickolas G Garbis, Dane H Salazar³

¹Loyola University Health System, ²Orthopaedic Surgery & Rehabilitation, Loyola University Health System, ³Loyola University Stritch School of Medicine

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

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 AI. In patients that fail conservative treatment, arthroscopic capsulolabral plication can be an efficacious treatment option.

Patients without injury, n (%)	
Sex	1 (2.2%)
Male	40 (87.8%)
Female	5 (10.9%)
Age (years), n (%)	
Mean	25.4 (SD)
SD	4.0 (10.9%)
Range	18-35
Min	18
Max	35
Body mass index, n (%)	
Mean	25.5 (SD)
SD	4.0 (10.9%)
Range	18-35
Min	18
Max	35
Medication (Non-steroid, n (%))	
Mean	25.5 (SD)
SD	4.0 (10.9%)
Range	18-35
Min	18
Max	35
Medication (Steroid, n (%))	
Mean	25.5 (SD)
SD	4.0 (10.9%)
Range	18-35
Min	18
Max	35
Medication (Other, n (%))	
Mean	25.5 (SD)
SD	4.0 (10.9%)
Range	18-35
Min	18
Max	35
Medication (All, n (%))	
Mean	25.5 (SD)
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