

Posterior Shoulder Instability: Current and Emerging Treatment Principles and Techniques From the Military

Lance E LeClere¹, Benjamin W Hoyt, Kelly G Kilcoyne, Jonathan F Dickens

¹Orthopaedic Surgery, Vanderbilt University Medical Center

This video discusses the management of posterior shoulder instability in an active-duty military population. Current evidence is summarized, including the authors' published research on the prevalence of posterior shoulder instability in the young, active patient population, noting higher rates of posterior instability in this cohort than that typically reported in the general population. Common clinical presentations of posterior instability and common physical examination and imaging study findings are reviewed. The authors' published studies on the success rates of nonsurgical management for posterior shoulder instability and factors that predict the need for surgical management are presented. Optimal surgical technique is reviewed, with a focus on key pearls that contribute to the successful arthroscopic management of posterior shoulder instability. The authors' published study on the 5-year outcomes of arthroscopic management of posterior bone loss and published outcomes in patients with posterior glenoid bone loss, including the prevalence and characterization of bone loss quantity and location, are presented. In addition, emerging techniques for all-arthroscopic management of posterior bone loss is described. Finally, typical postoperative rehabilitation is summarized.