

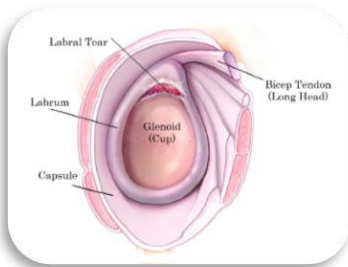


midwest orthopedic
SPECIALTY HOSPITAL

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Labral Repair

Shoulder Labrum Anatomy: The labrum is a ring of cartilage attached to the cup of the shoulder. It enhances the stability of the shoulder joint by deepening its socket - keeping the ball of the joint secure. It helps provide a smooth surface for the ball to glide over, reducing friction and preventing cartilage wear. Additionally, the labrum serves as an anchor for important ligaments and the bicep which contributes to the overall strength, mobility, and stability of the shoulder. Damage to the labrum can result in pain and instability, significantly impairing shoulder function.



Why Surgery? The pain and weakness caused by most smaller or degenerative tears can improve without surgery using other treatments including physical therapy. Therapy can strengthen the muscles around the damaged labrum, leading to improved stability, pain and function. However, for traumatic tears or degenerative tears that don't improve with therapy, surgery can be considered. The surgery is designed to improve pain, stability, movement, and function of the shoulder.

The Surgery: Surgery is performed arthroscopically, using a small camera and tools placed into the shoulder through 3-4 small incisions. The labrum is repaired by reattaching the torn cartilage back to the cup of the shoulder. For bigger tears involving instability or dislocations, the lining (capsule) of the shoulder can also be tightened in addition to repairing the labrum. A combination of bone anchors and sutures are used to reattach the labrum back to the cup. This combination holds the labrum in the proper healing position, which takes some time as you'll see below. The anchors are made of a soft suture material that is not made of metal, so they are compatible with MRI's.



[Scan this QR for a video animation of our typical surgical technique for labral repair](#)

Early Healing and Recovery: The 6-week period after surgery is the most important part of your healing. During this time your labrum is healing back to the bone, so it's important to follow the restrictions.

- **Motion:** In order to let your repair heal, you can NOT actively move your arm above shoulder level, or rotate your arm around your head or back. Gentle active motion in front of your body is allowed.
- **Sling:** We generally use a regular sling, but sometimes a bump or wedge will be placed under your sling to hold your shoulder and repaired labrum in an ideal healing position. The sling can be removed when pain allows, but if you were placed in a wedged sling, keeping this position throughout the day can optimize position for healing. We encourage you to come out of it frequently to move your hand and elbow as your pain allows. The sling is for your comfort, but also serves as a reminder to follow the shoulder restrictions. It should be worn at night and when out in public.



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- **CPM:** The CPM (continuous passive motion) machine and gravity (pendulum exercises) can move your shoulder for you. This helps prevent scar and stiffness. The biggest risk of this surgery is scar formation, so we want you to reach the CPM goal of 90/30 as quickly as possible – hopefully within the first week or two. Plan to use the CPM 3-4 hours per day in 1-hour increments. Unless otherwise directed, start your CPM machine the day after surgery. You'll be using this for a total of 4-6 weeks.
- **Sleep:** Many patients have difficulty finding a comfortable sleeping position at first. You may find that sleeping in a recliner or propped up with pillows is more comfortable, although you may sleep in a bed anytime.
- **Pain:** We generally use a combination of medicines to help with pain. The pain medicine (oxycodone or hydrocodone) is a narcotic drug that helps with the initial surgical pain and should be weaned off of as soon as tolerable. An anti-inflammatory medicine (meloxicam) is often added to help with pain and inflammation. This should be taken once per day and can be discontinued when the pain levels stabilize. Aspirin is also often prescribed to help with pain, but is primarily used to prevent post-operative blood clots. If prescribed, you need to take this medicine consistently for the first 6 weeks. The polar ice pack is also used as needed to help decrease the inflammation and pain – especially during the first few days.
- **Driving:** You may drive once you are off your pain medication and feel safe to drive.
- **DVT Prevention:** Deep Venous Thrombosis is a risk of any surgery – even a shoulder scope. If you are prescribed aspirin, take this for the full 6 weeks. The compression socks and devices should be used for the first week and can be discontinued after that.
- **Sutures:** Your sutures will be removed at your post-op visit about 1 week after surgery. Steri-strips will be placed over the incisions and typically fall off in a week or so. You can shower over these strips.

Physical Therapy: You'll start therapy about 3 weeks after surgery. We will give you the referral at your first post-op visit. You'll be in PT about 2 times per week initially, tapering down over about 12-16 weeks. Continue your CPM (especially on non-PT days) for the first two weeks of therapy to maintain your motion and reduce scar formation.

Long-Term Expectations: We expect patients to ease back to many normal activities including light golf and gentle physical activities around 12 weeks after surgery. Full contact or repetitive overhead sports take 6 months for full return.

Ortho Lazer is a recommended, FDA approved treatment that expedites healing and decreases pain, inflammation, and infection risks. It reduces the need for postoperative narcotics. It also reduces scar formation which is the number one risk of shoulder surgery. It is a series of 6 (10 minute) treatment sessions available at Franklin and Brookfield facilities. Although optional, this treatment has been extremely effective in our labral repair patients. The 6 visits cost \$420 in total.



To arrange Ortho Lazer treatment, please contact our surgical coordinator Sheila : 414-643-4002 -or- ssullivan@theorthoinsitute.com

Thanks for choosing Dr. Pennington to care for your painful shoulder.

He and his team are dedicated to helping you improve your pain, function, and quality of life.