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Anterior Glenohumeral Instability: Current Review with Technical Pearls and Pitfalls of Arthroscopic Soft-tissue Stabilization

Arthroscopic stabilization in anterior shoulder instability

Abstract

The glenohumeral joint (GHJ) allows for a wide range of motion, but is also particularly vulnerable to episodes of instability. Anterior GHJ instability is especially frequent among young, athletic populations during contact sporting events. Many first time dislocators can be managed non-operatively with a period of immobilization and rehabilitation, however certain patient populations are at higher risk for recurrent instability and may require surgical intervention for adequate stabilization.

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