

## **Arthroscopic Capsular Shift**

### **What is Instability or MDI?**

The capsule that surrounds the shoulder joint is a very strong ligament that helps to keep the ball and socket normally aligned. In some people the capsule is a little too loose. This allows the shoulder to slip partially out of the joint, a process called subluxation, or completely out of the joint, which is called dislocation.

### **How do you tighten the capsule?**

The capsule will be shifted or tightened by making small incisions around the shoulder and by use of an arthroscope (camera) to see all the structures of the joint. Special instruments allow the surgeon to stitch through the capsule and make it more stable.

### **Length of Stay**

This is same day surgery. You will need to have someone who can take you home.

### **Anesthesia**

Patients usually have two types of anesthesia for this surgery. The first is general anesthesia, which means you are asleep. The second type of anesthesia is a nerve block. Your arm will be numb and will feel very strange. The nerve block will last about 12-24 hours. The ultimate choice of anesthesia technique is up to you and your anesthesiologist.

### **Incision**

You will have a few small incisions around your shoulder. They will only be about 1 cm long.

### **Pain**

You will have pain medication prescribed for you prior to discharge. After the nerve block wears off you will have discomfort. Most of the pain is related to your very swollen shoulder. That swelling will resolve in 24-48 hours.

### **Sling**

Your arm will be placed in a pillow sling prior to leaving the operating room. You are to remain in your sling 24 hours a day. This includes sleeping in your sling. For the four weeks that you are in your sling, **you are not permitted to drive.**

### **Dressings**

You will go home with dressings that may be removed 3 days after your surgery. There will be small black sutures (stitches) that will be taken out at your first postoperative appointment approximately 2 weeks after your surgery.

### **Physical Therapy**

For the first month you will remain in your sling. At your one month postoperative visit you will be given gentle exercises that you will do at home. After the second month you will begin formal therapy and continue with the home exercise program.

### **Restrictions**

Recovery from capsular shift surgery is 5-6 months. During that time, you will have restrictions on the use of your operative arm.

**Day of surgery to week 4:** remain in sling, no use of arm, no driving

**Month 1-2:** opposite hand work only

**Month 2-3.5:** no lifting and carrying anything greater than 10 lbs and only occasional over-shoulder reaching

**Month 3.5-5:** no lifting and carrying anything greater than 20 lbs