

**Cycle 3- Shoulder**  
**2310 - Treatment Options for Shoulder Instability**  
**SCRIPT**

**(1)**

**BRENT DAVIS, MD:**

The treatment of shoulder instability is obviously individualized to the particular patient and their particular problem.

**(2)**

**GEOFFREY GRIFFITHS, MD:**

There are successful non-surgical treatments for shoulder instability. It does depend on the reason for that instability. So if there's a structural problem, if there was something like a ligament, tendon, or cartilage tear-- that non-surgical approach may not be as curative.

However, that's only an element, that's only a subset of shoulder instability. So if the shoulder instability is more of that dynamic instability, non-surgical treatment can often be curative.

**(3)**

**BRENT DAVIS, MD:**

For what we'd consider atraumatic shoulder instability, or shoulder instability that's the result not of an injury, but just of a loose shoulder, or what we call a lax shoulder, the treatment's very different. Most of the time we can correct that without surgery. Therapy to strengthen the muscles around the shoulder, also to get the shoulder blade in the right position, and overall create good posture and good mechanics, we'll take a shoulder that's loose and--painful and take away the pain. It doesn't necessarily make the shoulder actually tighter, but it can certainly improve the symptoms dramatically.

**(4)**

**GEOFFREY GRIFFITHS, MD:**

Something like reducing inflammation with an anti-inflammatory injection may be part of that program, but quite honestly overall we'll want to strengthen those structures around the shoulder to help cure that shoulder instability.

**(5)**

**BRENT DAVIS, MD:**

Sometimes there's so much instability or the shoulder is so loose that therapy fails, and in that case we also do a surgery to correct that problem.

**(6)**

**BRENT DAVIS, MD:**

Surgery for instability isn't terribly painful, but certainly there's a fair amount of discomfort for the first few days. Most shoulder instability surgery requires the patient to be in a sling for four to six weeks after the surgery.

And we hope to have fairly normal shoulder range of motion by about 12 weeks after the surgery.

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