

LANCASTER ORTHOPEDIC GROUP

231 Granite Run Drive, Lancaster, PA 17601  
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<http://www.lancasterortho.com>

Michael J. Bercik, MD

***What is the labrum?***

The humeral head rests in a shallow socket called the glenoid. Because the humeral head is much larger than the socket, a soft fibrous rim called the labrum surrounds the socket to help stabilize the joint. The rim deepens the socket so that the humeral head fits better.

***How do you repair the labrum?***

The labrum will be repaired 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 Dr. Bercik to sew the labrum back to the correct position.

***Length of Stay***

This is same day surgery. You will need to have someone who can take you home. Your ride does not have to stay all day.

***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 12-14 hours. The anesthesiologist will speak to you on the day of surgery. The ultimate choice of anesthesia technique is up to you and your anesthesiologist.

***Incisions***

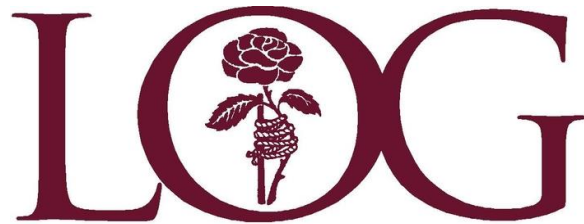
You will have 3-4 small incisions around your shoulder. They will only be about 1 cm long.

***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 sling prior to leaving the operating room. You are to remain in your sling 24 hours a day, except when doing exercises and when



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showering. You should sleep in your sling. For the four to six weeks that you are in your sling, **you are not permitted to drive.**

### ***Dressings***

You will go home with clear dressings and gauze. After 2 days you may remove the dressings. There will be small black sutures (stitches) that will be taken out at your first appointment 1-2 weeks after your surgery.

### ***Physical Therapy***

For the first two months of recovery, you will do very gentle stretching at home. During the second half of your recovery, you will continue to do your home exercises and also attend formal physical therapy.

### ***Restrictions***

Recovery from labral repair surgery is about six months. During that time, you will have restrictions on the use of your operative arm.

- 0 – 6 weeks: No work, no use of operative hand
- 6 weeks – 3 months: 5lb weight limit in the operative hand (ideally nothing heavier than a fork/knife/toothbrush). Can return to work opposite hand only
- 3 months: No lifting greater than 10 pounds, only occasional overhead reaching
- 4 months: No lifting greater than 20 pounds
- 5 months: No lifting greater than 30 pounds
- 6 months: Released from restrictions, return to work full duty
- Return to sport 5-6 months; minimum of 6 months for contact sports and climbing
- Initiation of throwing program at month 4 with goal of return to game at 9 months

### ***Pictures***

Dr. Bercik will take photos during your surgery. If you are given pictures, please bring those pictures to your first postoperative visit. Dr. Bercik will review them with you and discuss exactly what was done in your shoulder.