

Shoulder Stabilisation Surgery (Shoulder Tightening Surgery)

If your shoulder keeps dislocating or feels loose and unstable—especially after a previous injury—you may benefit from shoulder stabilisation surgery. This is sometimes called **shoulder tightening surgery**, as it helps secure and strengthen your shoulder joint to stop it slipping out of place.

What Is Shoulder Stabilisation Surgery?

Shoulder stabilisation surgery is an operation to **tighten and repair the soft tissues** (like ligaments and cartilage) that keep your shoulder joint in place. These structures can stretch or tear after a dislocation, especially during sport or accidents, making the shoulder more likely to pop out again.

The operation helps stop this from happening by:

- Reattaching and tightening the torn tissues inside the shoulder (keyhole surgery), or
- Strengthening the front of the shoulder with extra support if there's bone damage (open or Latarjet surgery)

Who Is It For?

This surgery may be right for you if:

- Your shoulder keeps dislocating or feels like it might pop out
- You've had more than one dislocation, especially while playing sport
- Your shoulder feels unstable, weak or painful after an injury
- Physiotherapy hasn't solved the problem

What Does The Surgery Involve?

The operation is usually done under general anaesthetic (you'll be asleep) and takes around 1-2 hours.

There are two main ways the surgery can be done:

- **Keyhole surgery** (arthroscopy): Small cuts are made to insert a camera and tiny instruments to repair the damaged tissues inside the shoulder.
- **Open surgery or Latarjet**: A slightly larger cut is made to strengthen the shoulder, especially if some bone is missing from the joint.

Your surgeon will choose the best option for you based on your shoulder's condition.

Recovery And Aftercare

- You'll usually go home the same day or the day after
- Your arm will be in a sling for **3 to 6 weeks** to help healing
- You'll start physiotherapy soon after surgery to gently get your movement and strength back

Most people can:

- Do light daily activities within 1–2 weeks
- Start driving again after 4–6 weeks
- Return to sport after 4–6 months (depending on recovery and type of sport)

Benefits Of Surgery

- Stops your shoulder from dislocating again
- Makes your shoulder feel more stable and secure
- Helps you get back to normal activities and sport
- Reduces pain caused by instability

Risks And Complications

All operations carry some risks. With shoulder stabilisation, these include:

- Infection or bleeding
- Stiffness or reduced movement
- Nerve injury (rare)
- Dislocation happening again (if tissues don't heal well or if you return to sport too soon)

Your surgeon will explain these risks and answer any questions before your operation.

Why Choose Midlands Orthopaedic Clinic?

At Midlands Orthopaedic Clinic, our expert shoulder surgeons use the latest techniques—including keyhole surgery—to treat shoulder instability. We'll assess your shoulder carefully and guide you through a

personalised recovery plan with the support of experienced physiotherapists.

Get In Touch

If you're struggling with a dislocating or unstable shoulder, we're here to help.

Contact Midlands Orthopaedic Clinic today to book a consultation with one of our specialist shoulder surgeons and find out if shoulder stabilisation surgery is right for you.