Shoulder Instability In The Special Ones (Athletes/ High Demand Individual)

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12 patients, injured while performing sports underwent shoulder stabilization surgeries between the periods of September 2014 to August 2015. They were followed up for between 6 to 9 months after surgery. This case review study looks into the epidemiology of their sports and injuries, severity of the shoulder dislocations and associated injuries, type of surgery performed and duration of their rehabilitation. The outcomes of the treatment of these individuals are assessed and the success rate of returning to sports is discussed. A comparison of post-surgery outcomes between high performance athletes (national level athletes) and sports active individuals is also made in this study.