Traumatic antero-inferior dislocation of the shoulder is a common injury among the young athletic population. The incidence of reluxation after conservative treatment in young patients is up to 80%. Arthroscopic antero-inferior shoulder stabilization has become the gold standard in recent years due to technical and material improvement. The recurrence rate after arthroscopic and open surgery is similar (approximately 6.5%), but morbidity after arthroscopic surgery is less. The authors of this paper advise the use of suture anchors for refixation of the capsulolabral complex. An antero-inferior approach is used for ideal positioning of the anchors on the glenoid rim and lesions of the superior biceps tendon or other co-morbidities can be addressed at the same time. In conclusion arthroscopic shoulder stabilization is an appropriate treatment for antero-inferior shoulder dislocation.

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