Glenohumeral (GH) joint
- The GH joint is inherently unstable to allow a large range of motion (ROM).
- Stability is provided by static and dynamic stabilizers.
  - Dynamic stabilizers
    - Rotator cuff via joint concavity compression, periscapular muscles
  - Static stabilizers
    - Glenoid labrum, articular version, articular conformity, negative intra-articular pressure, capsule/GH ligaments/rotator interval (RI)
- Glenoid labrum
  - The glenoid labrum is a fibrous ring that is an anchor attachment point for capsuloligamentous structures.
  - It deepens the glenoid cavity and reduces excess GH translation.
  - Excision of the labrum decreases the depth of the GH socket by 50% and reduces resistance to instability by 20%.8,9