

Weiland's MRI revealed the vast, multidirectional labrum tear. "There was no question he needed surgery," said Dr. Levin. "It was one of the most extensive repairs I've ever done."

Dr. Levin also holds an academic appointment at the University of Chicago Pritzker School of Medicine. As part of his physician-educator role at NorthShore, he helps mentor and train the next generation of surgeons. In Weiland's case, Dr. Levin was assisted by fifth-year surgical resident Mark Bergin, MD, to help repair the extensive injury.

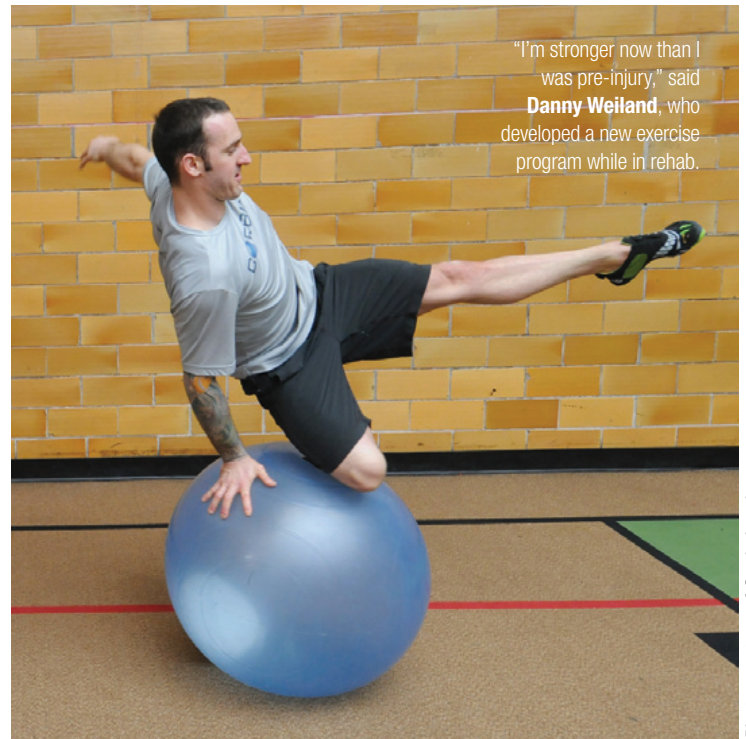
Comparing the labrum and shoulder joint to the face of a clock, typical tears go from 3 to 5 o'clock, but Weiland's tear was all the way around from 12 to 12, Dr. Levin explained.

Surgical repair of the labrum involves implanting suture anchors into the bone. For Weiland's injury, Dr. Levin used PEEK anchors—plastic-like devices that are specially designed to anchor the labrum or other ligament repairs back to their natural location. While a routine repair involves three to five anchors, Weiland's case required 10. Dr. Levin credits the precise nature of the surgery and the expertise of his outstanding surgical team, including nurses Roger Colwell and



Orthopaedic Surgeon **Dr. Steve Levin** serves as head team physician for the USA National Rugby Team.

"The gift Dr. Levin gave me was more than just a shoulder. He gave me my life back." — Danny Weiland



"I'm stronger now than I was pre-injury," said **Danny Weiland**, who developed a new exercise program while in rehab.

Photo courtesy of Genie Lemieux

HEALTH NEWS CUSTOMIZED FOR YOU

Looking for preventive medicine and wellness information? Sign up today for NorthShore emails tailored to the needs of you and your family. Please visit northshore.org/email.



Manage Your Care on the Go

Whether you live in Colorado or around the corner, NorthShore provides important health information *WHEN* you need it, *WHERE* you need it—on your phone, tablet or computer.

Danny Weiland is among 255,000 NorthShore patients who enjoy the convenience of NorthShoreConnect—the easy-to-use, secure online gateway to schedule appointments, see lab results, refill prescriptions and chat with physician experts.

Sign up for NorthShoreConnect today at northshore.org/C11. Click "Register Now" to get started.

Amanda Thrush, with helping ensure Weiland's remarkable outcome.

Weiland's recovery involved extensive physical therapy, and Dr. Levin recognized his ultra-active patient for being "extremely compliant" in following all his postsurgical instructions and being diligent with rehabilitation.

"Dr. Levin was very straightforward about what to expect," Weiland said. "I did the research on this and I know I really mangled my shoulder. I'm so glad I chose a really, really good surgeon."

While the procedure was more involved than most shoulder repairs, Dr. Levin was completely confident that Weiland could return to his high-intensity, active life.

REMARKABLE REBOUND

"I'm stronger now than I was pre-injury," said Weiland, who, six months after his surgery, was allowed to resume all his favorite activities, including BASE jumping—an extreme sport where participants jump off cliffs and buildings using a parachute to break their fall.

"A lot of good things came from having this new shoulder," said Weiland. "Before the surgery, I was stagnant physically and emotionally, and as soon as my shoulder healed, everything started to steamroll and hasn't stopped since."

Much of Weiland's energy since his recovery has been devoted to Corbing™, a fusion of core- and balance-based functional training he developed during his rehab. Before and during therapy, Weiland would sit on a stability ball to balance and stimulate his core while giving his shoulder time to heal. That therapy activity became the basis of Corbing™, which Weiland now teaches at a Denver studio. He also travels across the country to fitness conventions, demonstrating the vast possibilities of the intensive dynamic movements and static holds of his challenging fitness program.

"I watched him walk across the room on his hands," said Dr. Levin, who was treated to a Corbing™ demo. "It's amazing; he's a free spirit and very intelligent. It was very gratifying to be able to help Danny heal and return to what he loves to do."

"The gift Dr. Levin gave me was more than just a shoulder," Weiland noted. "He gave me my life back."



WATCH A VIDEO

Danny Weiland talks about his severe shoulder injury, and you can see his triumphant return to athletics. Hear his story by visiting northshore.org/dannysstory. You also can get to know Steve Levin, MD, and his approach to patient care at northshore.org/drstevelevin.

What Is a Labral Tear?

The shoulder joint consists of three bones: the shoulder blade (scapula), the collarbone (clavicle) and the upper arm bone (humerus).

The head of the upper arm bone—known as the humeral head—rests in a shallow socket in the shoulder blade called the glenoid. Because the humeral head is usually much larger than the socket, a soft tissue rim called the labrum surrounds the socket to help stabilize the joint and create a better fit.

Much like in Danny Weiland's case, a labral tear usually occurs in an injury caused by a dislocation, when the humeral head is forced out of the socket beyond the stress limits of the soft, fibrous tissue and the labrum is pulled away from the bone. If this continues to recur, arthroscopic surgery is necessary to repair the labrum back down to bone.

