

The Comeback Shortstop

Anthony Volpe's Labrum Surgery and Return to the Field

New York Yankees shortstop Anthony Volpe missed significant playing time in 2025 after undergoing arthroscopic surgery in May for a torn labrum in his left shoulder. The labrum is a ring of fibrocartilage that helps stabilize the shoulder joint while it allows the wide range of motion essential for throwing, swinging, and fielding—movements central to baseball. This injury, common among overhead athletes due to repetitive high-velocity stresses, typically demands precise surgical repair followed by an extended period of rehabilitation to rebuild stability, strength, and confidence.

Volpe's procedure addressed the tear effectively, but his return path includes phased therapy emphasizing rotator cuff strengthening, scapular control, and sport-specific drills to withstand baseball's torque. Targeting full clearance by May 2026—just as MLB spring training intensifies—demonstrates the calculated timelines in elite sports medicine. Throughout rehab, Volpe has stayed engaged with his team in strategizing and conditioning, blending mental acuity with physical gains to prime for his All-Star role.

His journey shows how recovery from a shoulder labral tear injury happens in stages. Arthroscopic surgery uses small incisions, which helps limit damage to the surrounding tissues and can allow for a better recovery. After surgery, it is important to slowly increase activity and exercises instead of jumping back too fast, because feeling better early on can be misleading and may lead to doing too much, too soon. Pushing too hard can affect healing, aggravating the shoulder and delaying healing.



The best approach is to follow a well-structured rehab plan—to protect the repair, restore range of motion and strength, gradually progress to advanced strengthening, and a return to throwing program. Volpe's determination offers hope for patients tackling shoulder setbacks, illustrating that with surgical expertise, disciplined rehab, and psychological grit, athletes and active individuals can return to high-level play.

Reference: MLB 2025, Yankees Official Updates 2026