

Lecture: Common Shoulder Disorders

Important Points the Doctor Emphasized on Their Importance:

- ✘ Long head of biceps→with age it will pull out and detach the superior border of labrum→**SLAP** lesion (superior labrum anterior posterior lesion)
- ✘ Most important function of rotator cuff muscles→**Keep the humeral head centered on the glenoid regardless of the arm's position in space.**
- ✘ **super important**: Affected overhead activities+ limited abduction + other ROM are normal = **impingement syndrome** →which over time can lead to rotator cuff tear **إذا طالب ما عرفها وقالي فروزن شولدر هذا كيف انجحه بالله!**
- ✘ **super important (key points in the exam)**: **DM + limited ALL ROM= frozen shoulder (adhesive capsulitis)**
- ✘ **Rotator cuff tear treatment: الفاصل بالفهم**
 - **Nontraumatic type**→always start conservative for 6 months
 - **Traumatic type**→acute surgical repair!!!!!!
- ✘ **Tests for impingement**: Hawkans Test, and Neers Test.
- ✘ **Tests or rotator cuff**: empty canes , lift off test
- ✘ **Anterior shoulder dislocation: ركزولي على التروماتك**
 - **MOI**: Usually Indirect fall on Abducted and extended shoulder, or May be direct when there is a blow on the shoulder from behind
 - Anterior shoulder dislocation (shoulder instability)→stretching of the inferior glenohumeral ligaments→detachment of the inferior border of labrum→**BANKART's lesion** **انهار عليها بشكل موب طبيعي**
 - **Clinical picture**: pain, Holds the injured limb with other hand close to the trunk, The shoulder is abducted and the elbow is kept flexed, **loss of the normal contour of the shoulder**
 - **can be associated with axillary nerve injury** “neuropraxia” usually resolves with time.
 - **Rx: EMERGENT** reduction in less than 24 hrs to avoid AVN
 - **X ray Anterior shoulder dislocation: locate the head and glenoid** **تطلعونها تعرفون تلازم** needs simple IQ



- ✘ **OSCE**: Methods of reduction of anterior shoulder dislocation:
 - **Hippocrates Method**
 - **Stimson's technique**
 - **Kocher's technique**: is the method used in **hospitals** under general anesthesia and muscle relaxation