

# common shoulder disorders

## dislocation of shoulder

Acute dislocation is a surgical emergency and demands urgent relocation

- traumatic
- atraumatic

clinical features:

- pain
- limited range of motion
- visible displacement
- signs of axillary nerve injury

diagnosis:

- X Ray
- MRI
- CT angiogram

treatment:

- reduction

## Adhesive Capsulitis (frozen shoulder)

risk factors:

- DM
- hypo and hyperthyroidism
- hyperlipidemia
- following injury or surgery to the shoulder

clinical features:

- pain
- Restriction of all movements of the shoulder (global stiffness)

mainly clinical diagnosis

diagnosis:

- X Ray
- MRI

sages:

- 1-pain/freezing 3-9 M
- 2-stiffness (frozen) 9-12 M
- 3-resolution(thawing) 12-42 M

management:

- physiotherapy
- freezing phase
- NSAIDs
- Manipulation under anesthesia
- thawing phase
- Arthroscopic capsular release

## rotator cuff pathology

causes:

- vascular
- Degeneration
- chronic impingement
- repetitive use
- intrinsic factors
- extrinsic factors
- acute trauma

History

physical examination

diagnosis:

- X Ray
- MRI
- Ultrasound

classification:

- partial tear
- complete tear

management:

- Activity modification
- rest
- NSAIDs
- conservative treatment: 1- degenerative type start by conservative
- physical therapy
- strengthening of muscles
- corticosteroid injections
- rotator cuff repair
- ± sub acromial decompression
- surgical: indications: 1- Acute traumatic tear 2- failed conservative treatment 3- full thickness tear

## impingement syndrome

mechanism:

- when supraspinatus and bursa are pinched as they pass between the head of humerus and lateral aspect of the acromion

risk factors:

- age (40-85 y)
- bursitis and supraspinatus tendinitis
- acromial shape 2 and 3
- Acromioclavicular joint arthritis
- overhead activity
- posterior shoulder capsule stiffness
- rotator cuff weakness

location: in acromial area especially with forward flexion and internal rotation

clinical features:

- pain
  - aggravated by lying on affected side
  - more at night
- affected over head activity
- decrease abduction
- Weakness

History

diagnosis:

- physical examination
  - most important tests: impingement tests
- X ray
- MRI

management:

- conservative treatment: always start with it
  - Activity modification
  - avoid painful activity
  - physiotherapy
    - Stretching and range of motion exercises
    - Strengthening exercises
  - NSAIDs
  - Sub acromial space steroid injection
  - acromioplasty
  - sub acromial decompression
- operative: induction when conservative fail

## AC arthritis

Arthritis is a condition characterized by loss of cartilage in the joints

causes:

- degenerative OA
- rheumatoid OA
- Gout Arthritis
- septic arthritis
- traumatic osteolysis
- post-traumatic osteolysis
- worsen by movement

clinical features:

- pain
- may suffer a night pain
- it commonly associated with impingement syndrome

diagnosis:

- clinical
- X Ray

management:

- non surgical (partial dislocation)
- surgical (complete dislocation)

Done By: Mohamed Baqas