

Shoulder Injuries - Surgical Options



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Work Related Injuries Workshop

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Disclosures

- **Consultant**

- Tornier Arthroplasty
- DePuy Mitek Sports Medicine

- **Scientific and Product Advisory Board**

- DePuy Mitek Sports Medicine

- **Editorial Board Member**

- Orthopedic Reviews
- World Journal of Orthopaedic

- **Reviewer Panel**

- American Journal of Sports Medicine (AJSM)
- Journal of Shoulder and Elbow Surgery (JSES)
- Orthopedics
- Journal of Orthopaedic Research (JOR)
- Orthopedic Reviews
- KSSTA



- **Research Funding**

- OREF

Objectives

- Commonly Seen Shoulder Injuries
- Surgical Management
- Case Presentations
- Spectrum of Injuries

Case 1 – M. M.

- 16 yr old male presents with R shoulder pain

- RHD
- Fall directly on right shoulder while playing Hockey. (Finished game)
- 2 more episodes of "shoulder popping" while playing Hockey
 - "Shoulder popping" while playing Hockey
- No other injuries



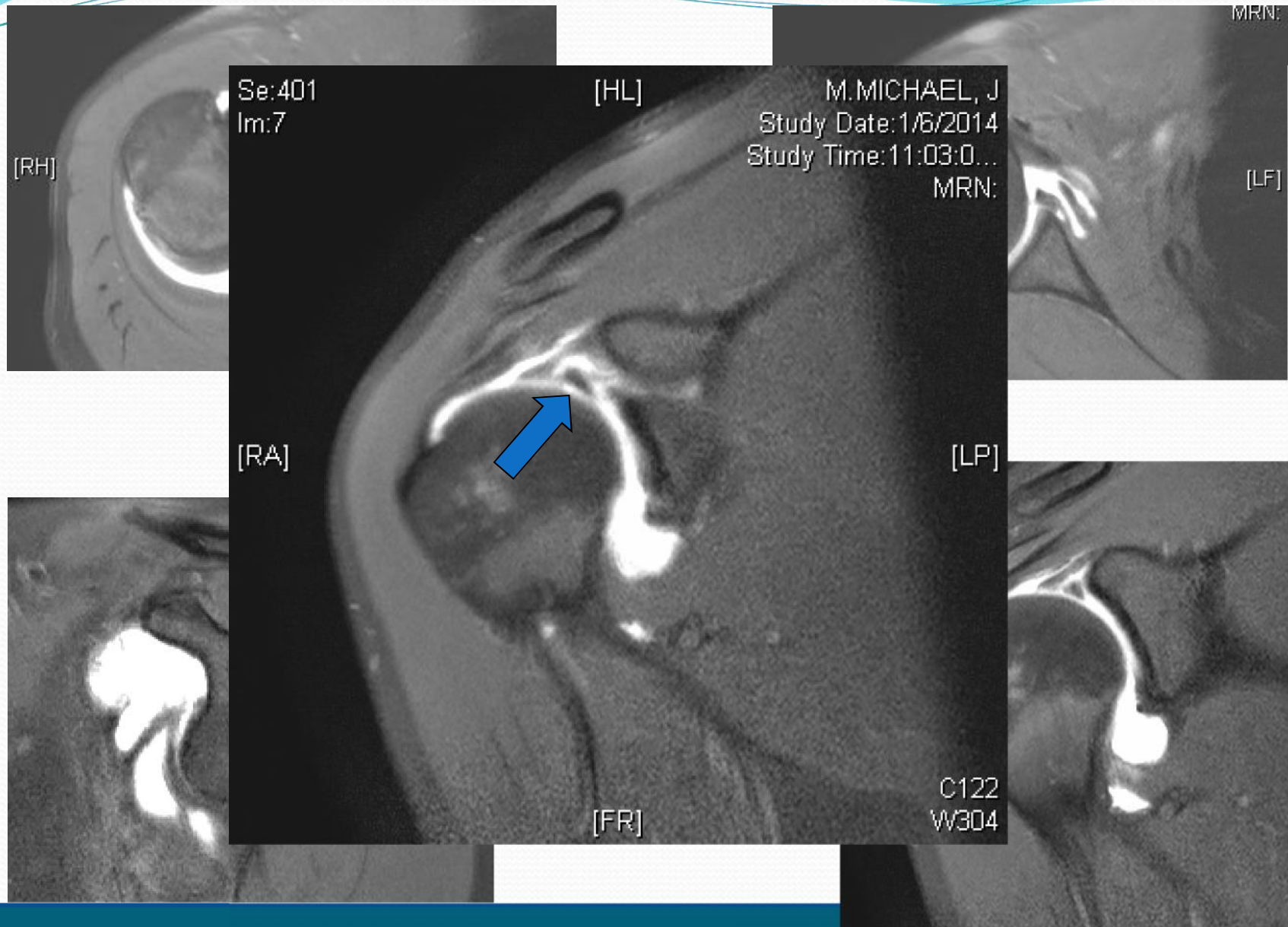
- Patient seen Orthopedic Surgeon (OSH)
 - MRA (Report: No bankart Lesion, No SLAP lesions, Normal MRI)
 - PT for 4 months with persistent symptoms
 - Here for 2nd Opinion

Exam

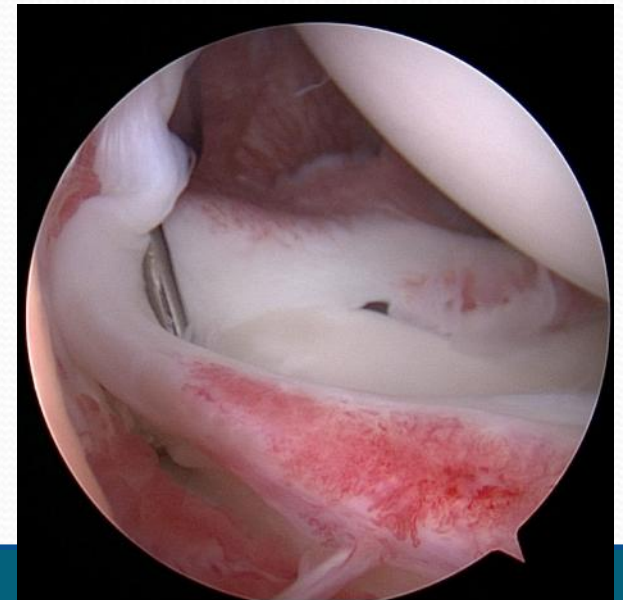
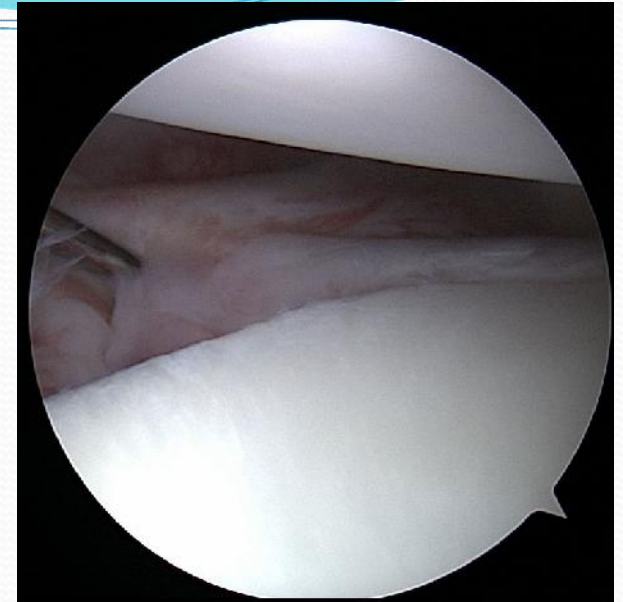
- PMH/PSH/MEDs/SH: NC
- ROM: FF 0-160, ABD 0-90, ER 0-80
- TTP over AC joint (3/10).
- + Apprehension/Relocation
- + O'Brien's Sign
- No Sulcus/generalized laxity
- Cuff Testing: Normal Strength w/ mild pain
 - ER: Normal
 - Belly Press/Bear Hug Neg.
- Parents brought Xrays and MRI report/CD
 - MRI report: no Bankart, no SLAP, normal MRI.

What's the Next Step?

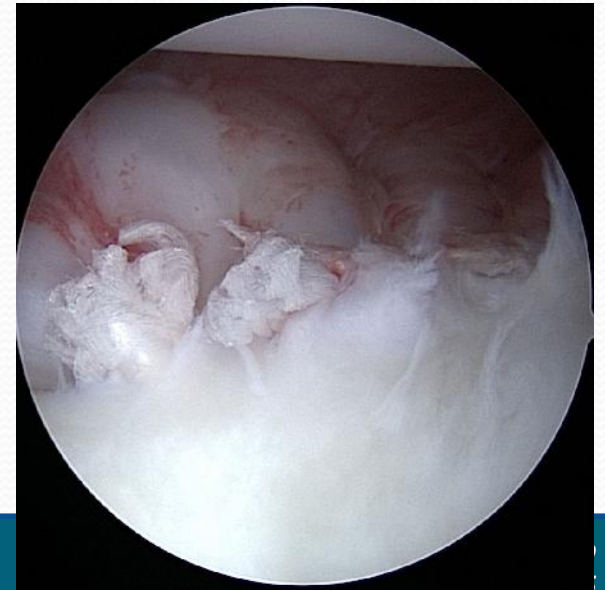
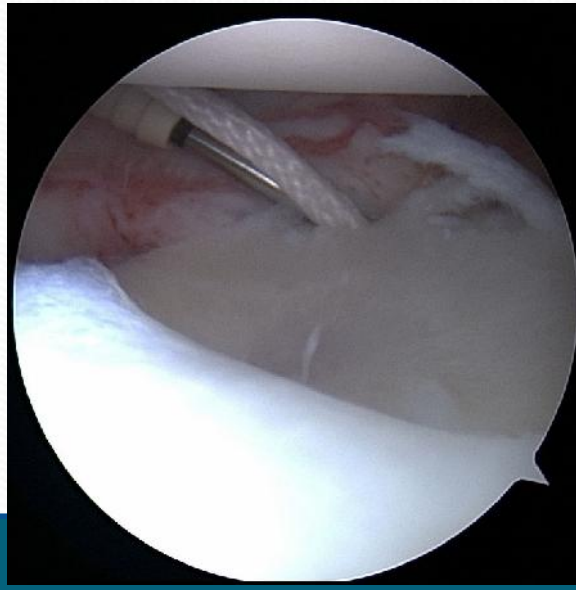
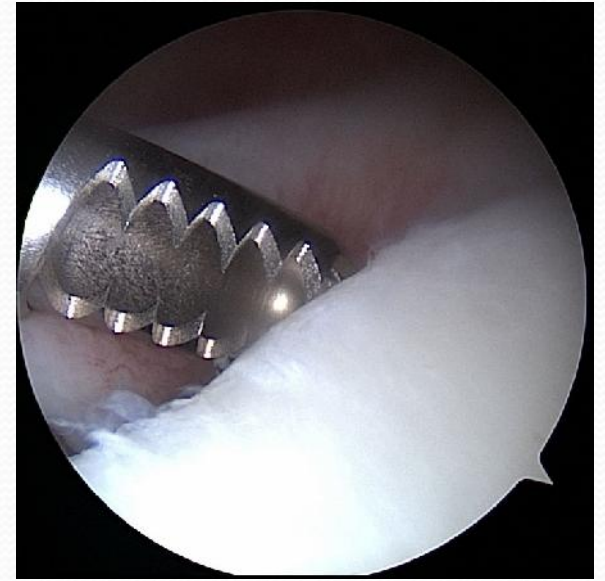
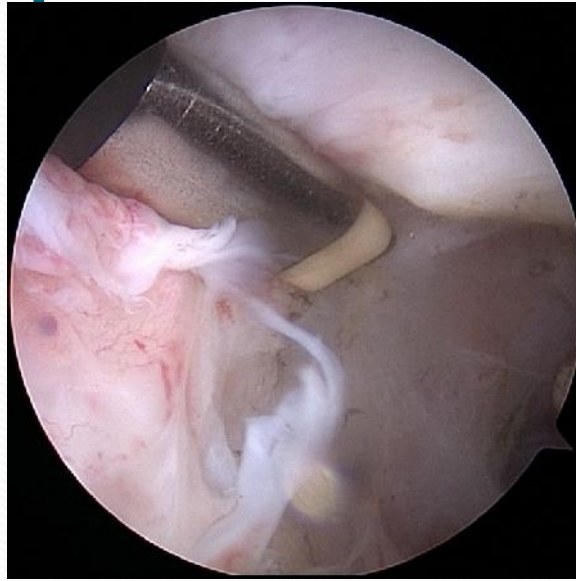
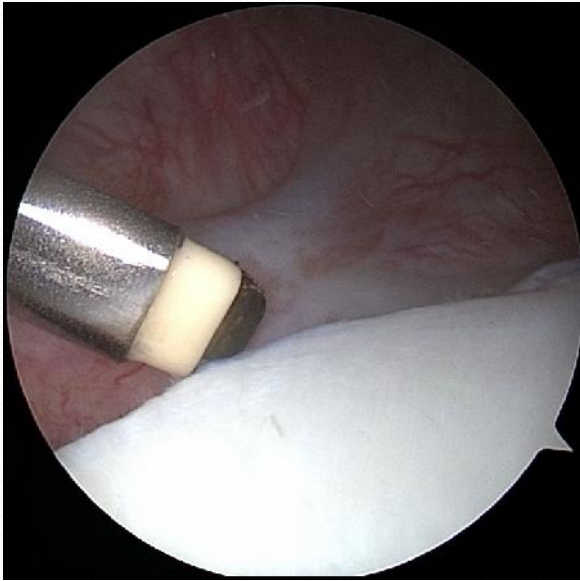




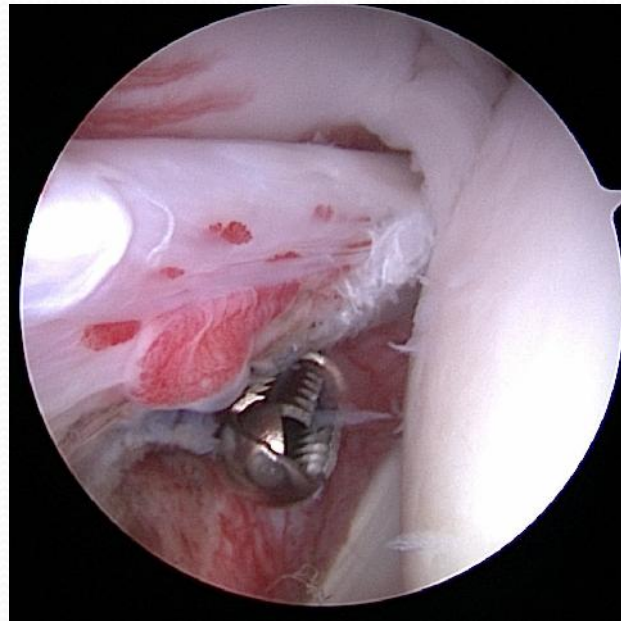
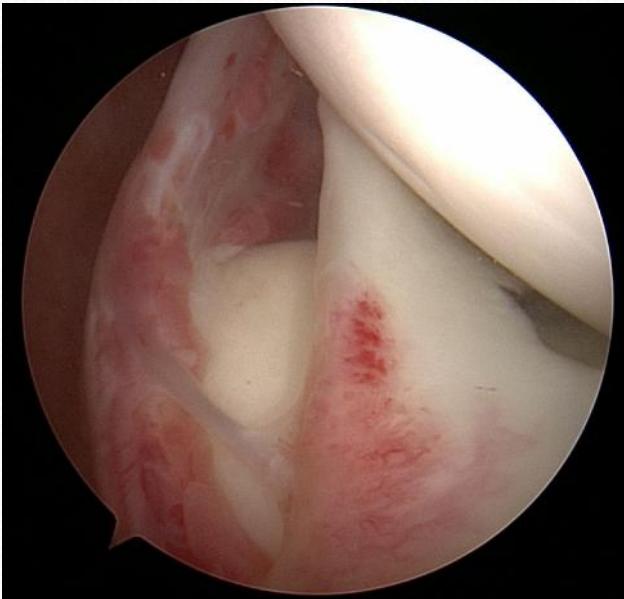
Arthroscopy



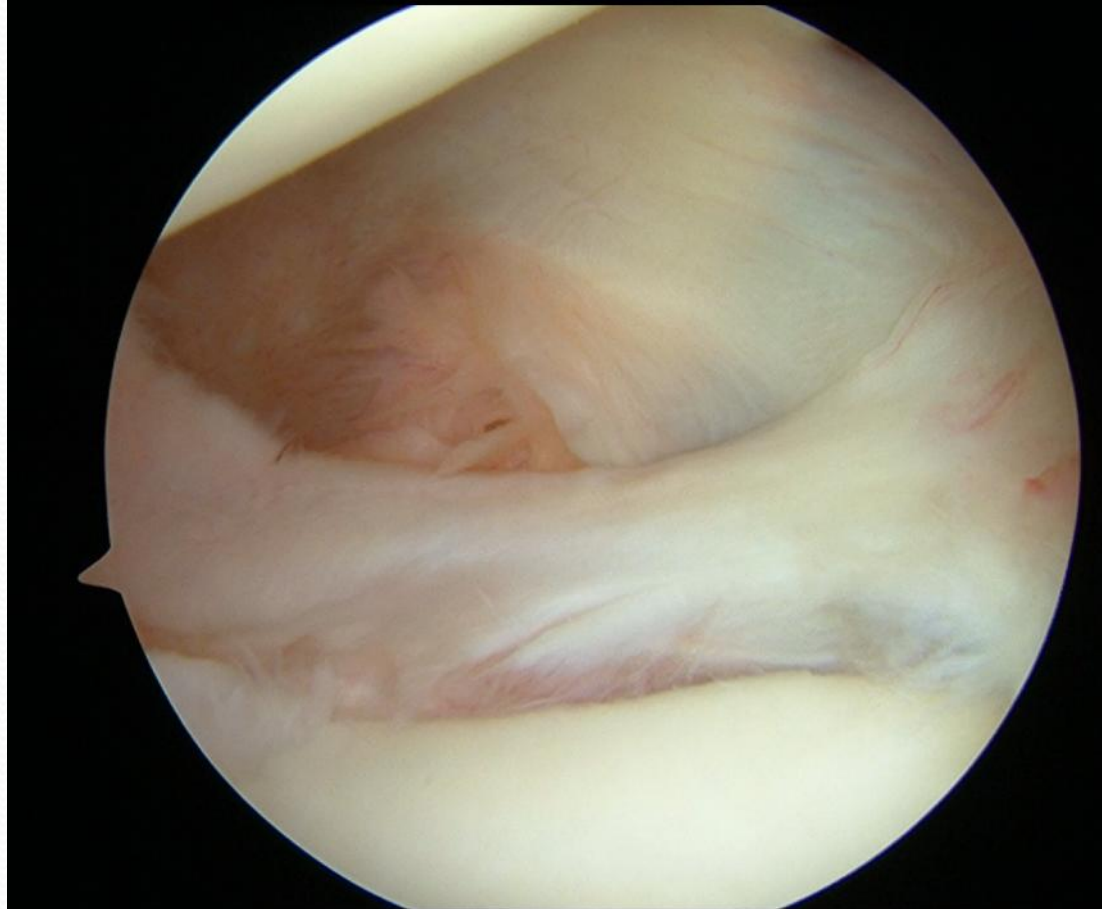
Bankart Repair



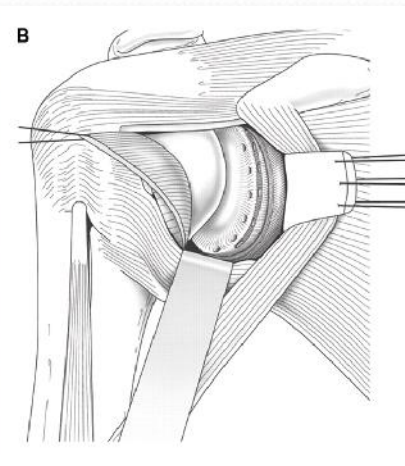
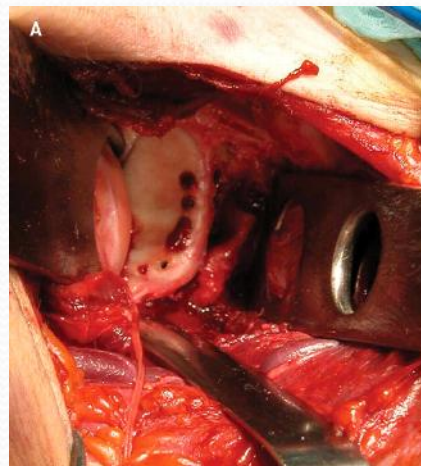
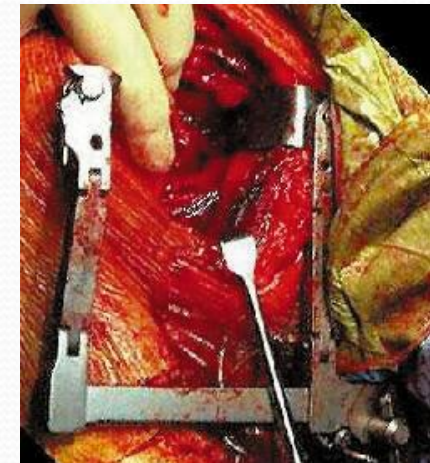
Biceps / Type IV SLAP Tear



Arthroscopic Bankart Repair



Open Bankart Procedure



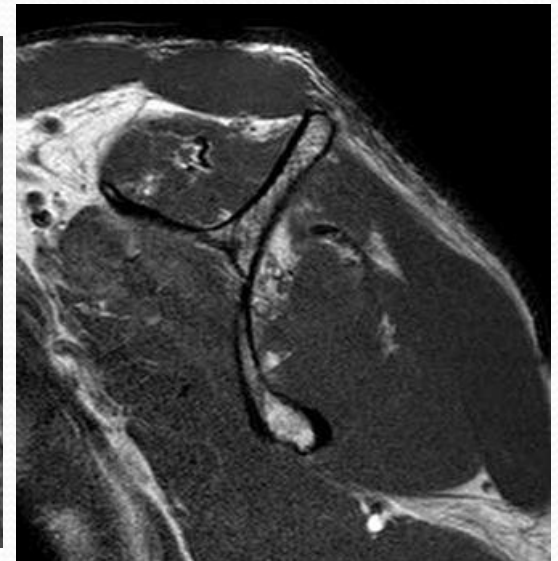
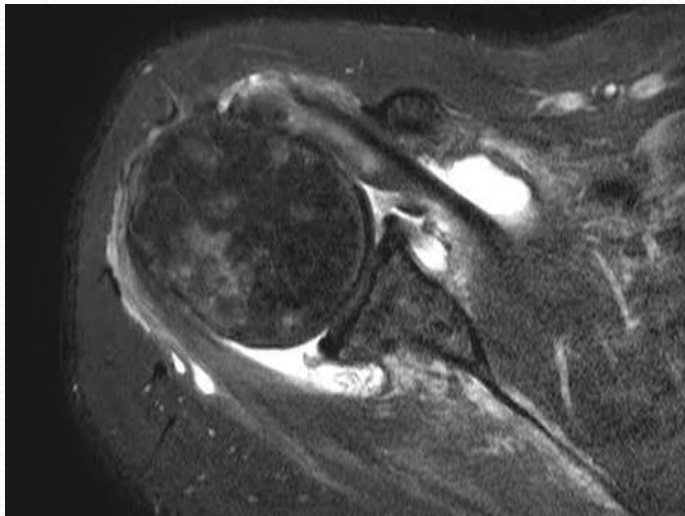
6 Weeks - Post Op

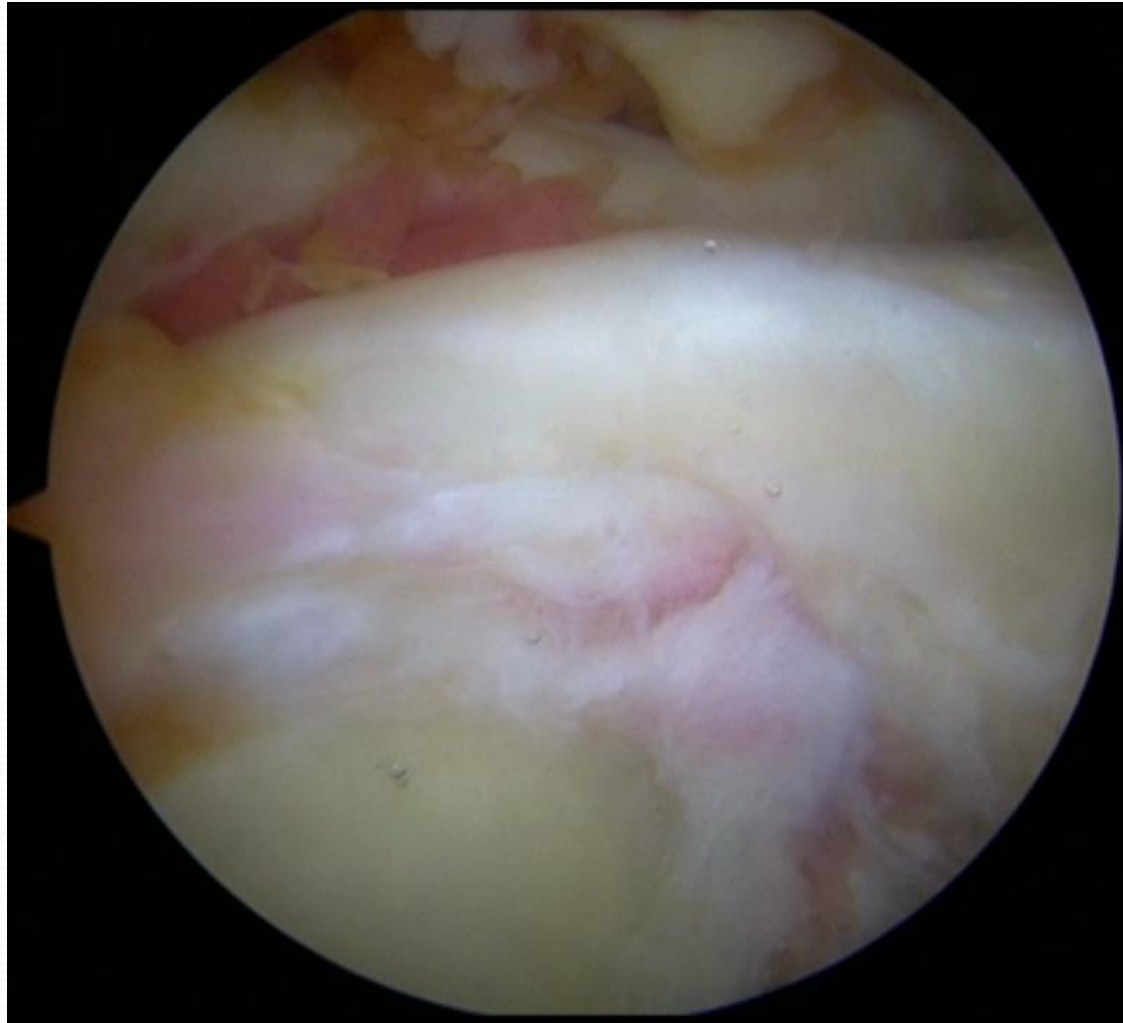


Case #2 - AA

- 65 yr old male, s/p fall on ice 2 months ago, unable to lift his Right shoulder for 2 months.
- PMH and PSH: Healthy
- SH: Cleans Scrubs for BMC
 - Lives alone.
 - No Tob/Alcohol
- Exam: Full PROM, Active 45 to 50 degrees. + Liftoff and Belly press. Abduction strength is 3/5. ER 4/5.

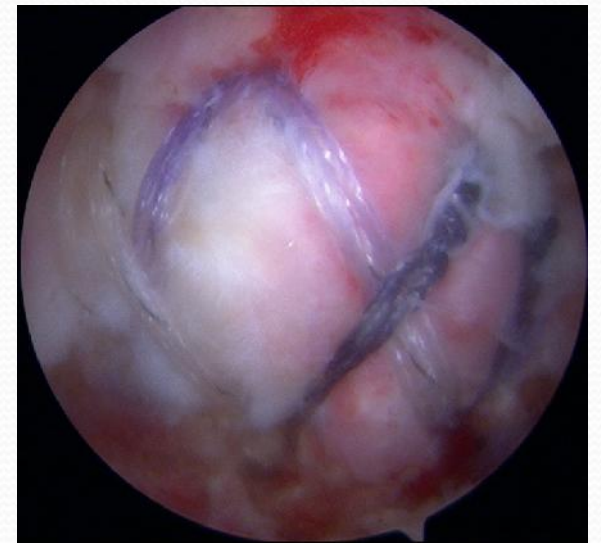
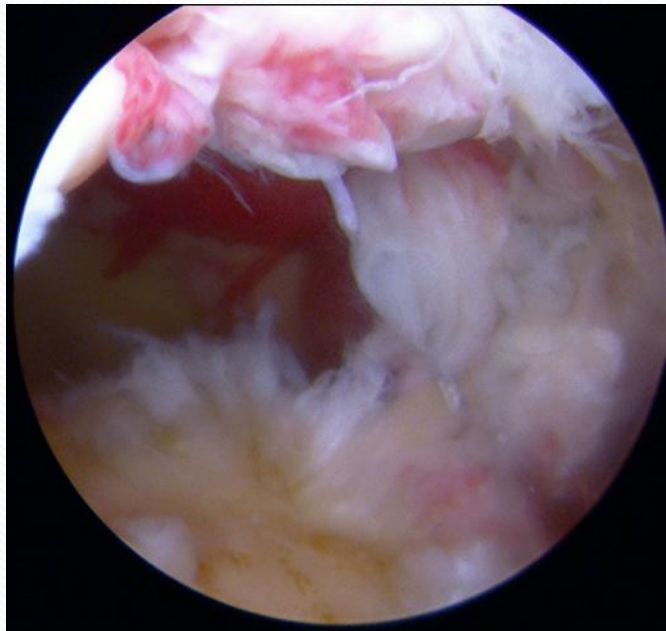
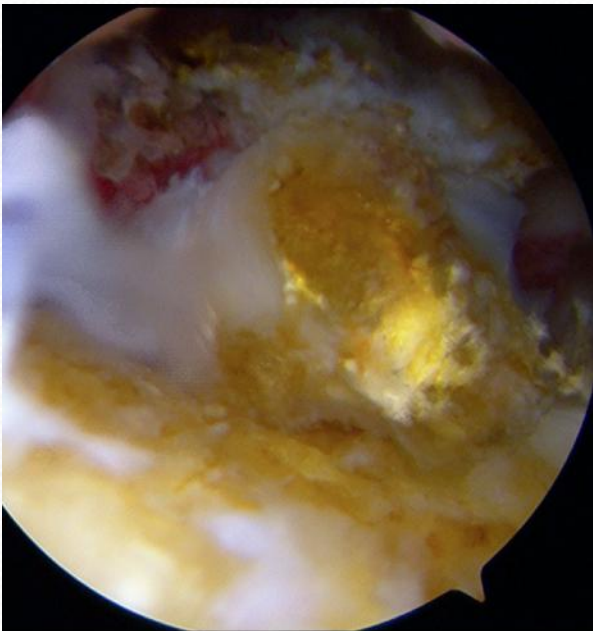
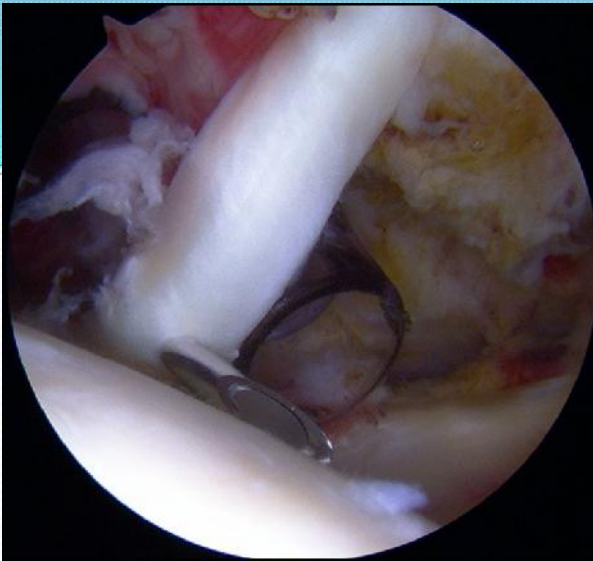
Images



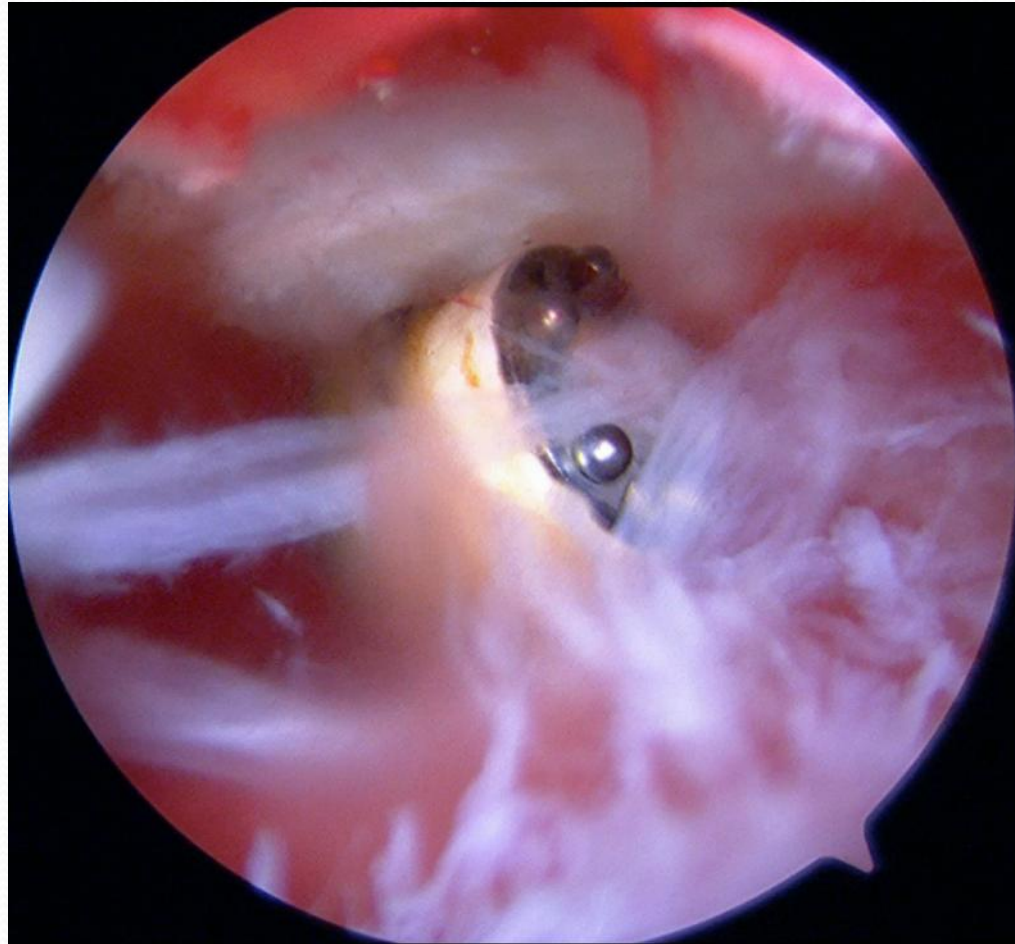


AA – Post Op 6 Months





Subacromial Decompression



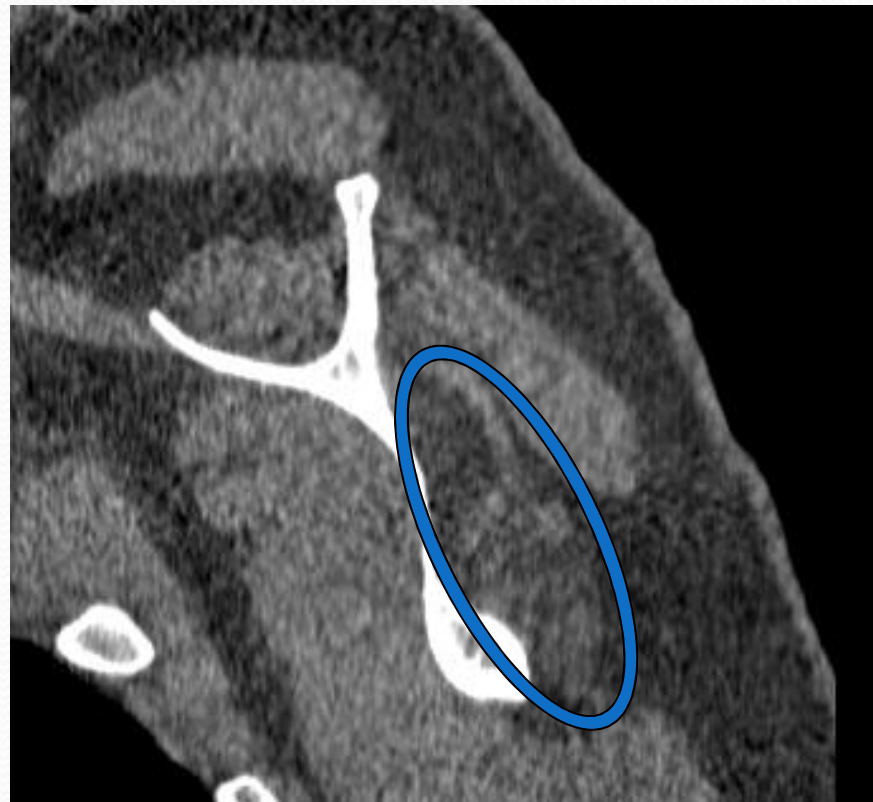
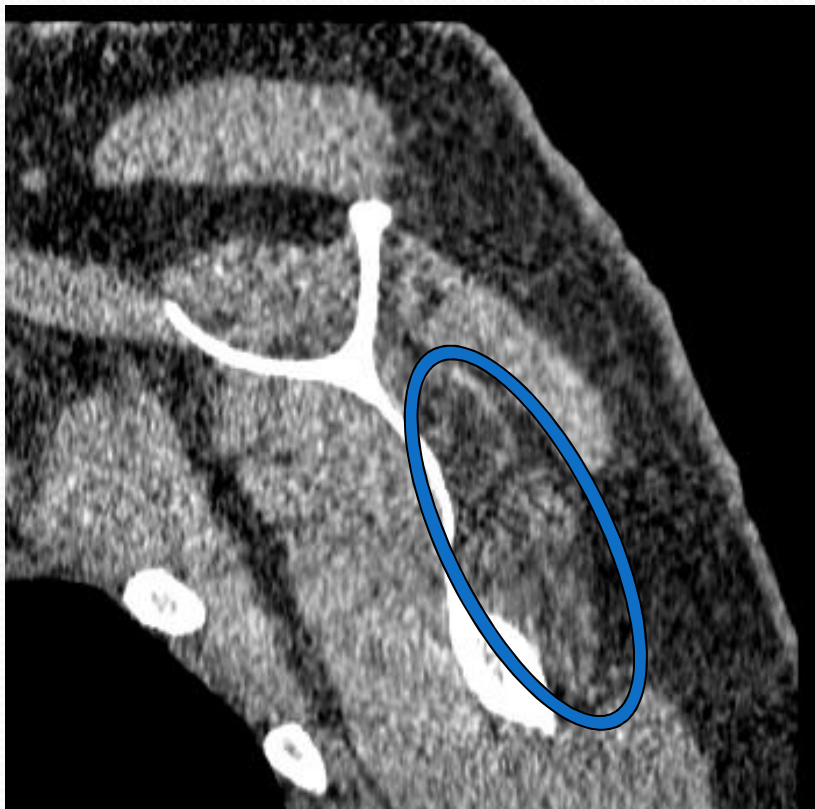
Case # 3: N.A.

- 74 yr old male with R Shoulder Pain and Loss of Function.
 - Fall ~6-7 months ago
 - Unable to Lift the arm
 - Night Pain (10/10)
 - SSV ~ 15 to 20 %
 - Injection, PT, NSAIDs: No help.
- PMH: Cardiomyopathy (EF ~10 to 15%), CAD (MI), HTN, COPD, DM II, CKD, Hyperthyroid, hyperlipidemia, and PVD.
- PSH: CABG (4 vessel), pacemaker, Appendectomy, eye surgery.
- Meds: Multiple

Patient X-Rays (pre-op)

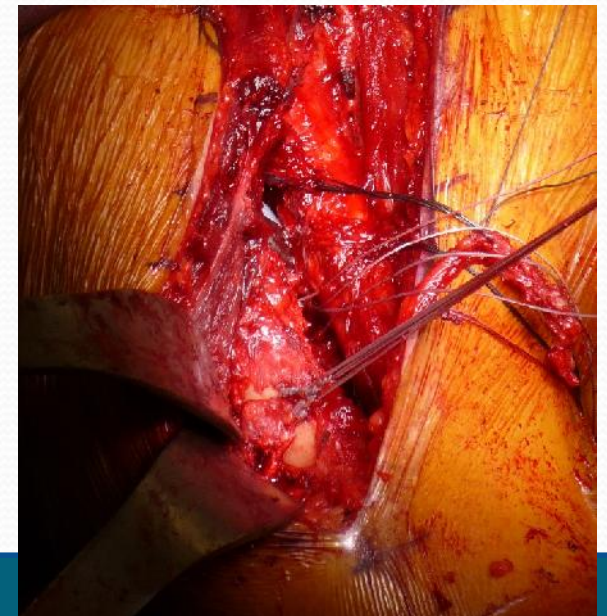
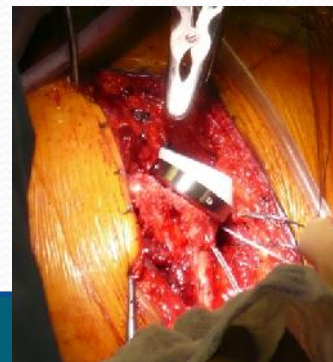
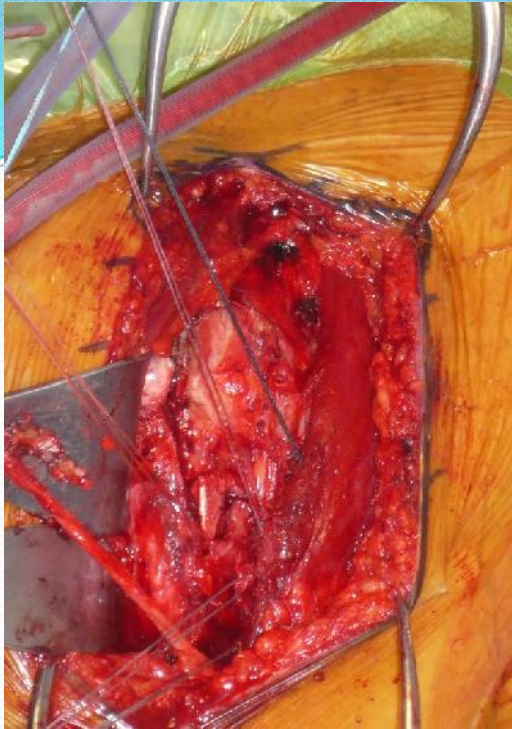


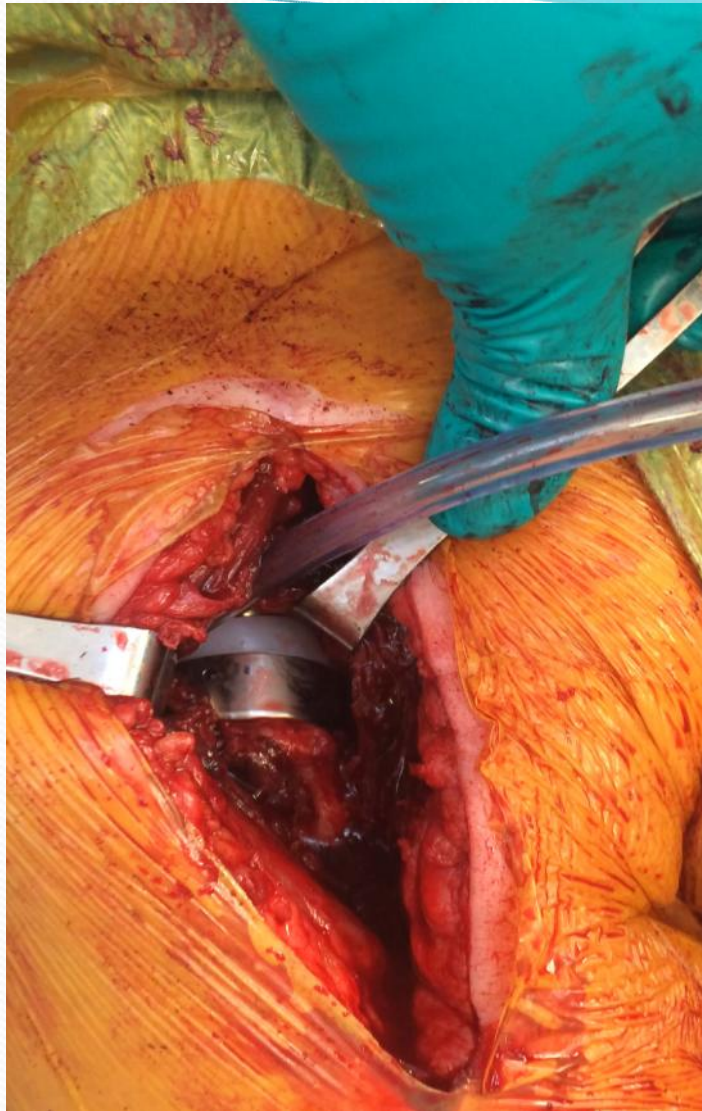
NA - CT (pre-op)



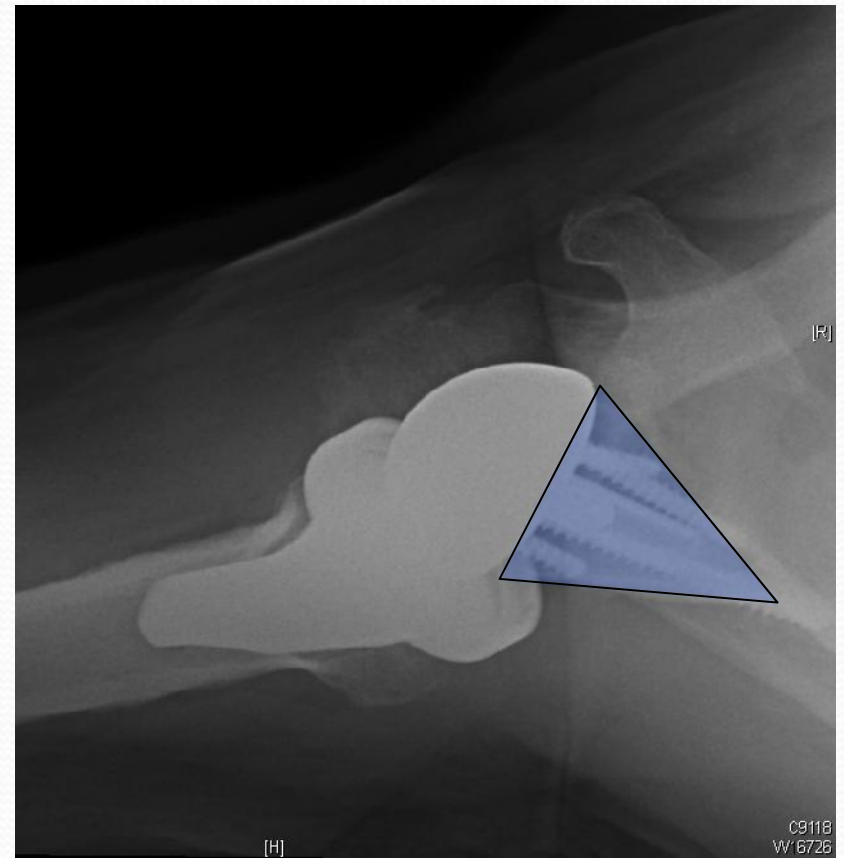
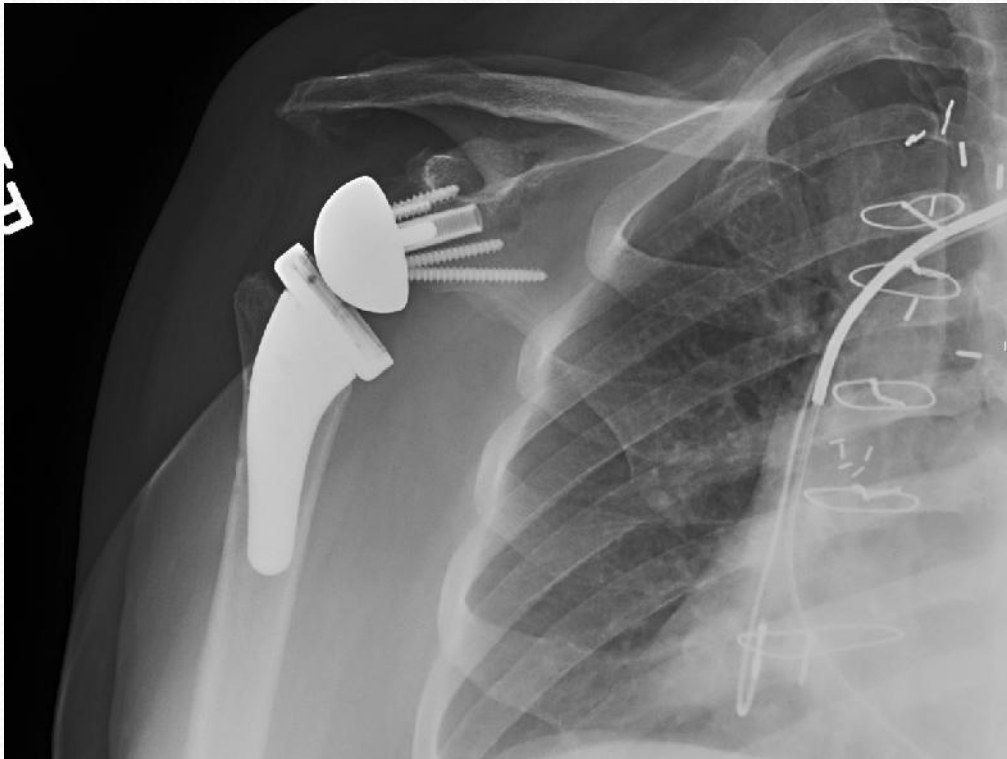


NA - Technique





Patient X-Rays (post-op)



Post Op – 4 Months



