Some Key Conditions Often Missed

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IMPINGEMENT
Important conditions

Impingement –

Various Types
Extrinsic and Intrinsic
Important conditions

**Impingement – Sub coracoid**

Impingement of the coracoid process against the humerus (usually the lesser tuberosity) in a coracoid impingement position (humerus is flexed, adducted and internally rotated).

Subcoracoid impingement may cause undersurface Subscapularis tears via the **“Roller-Wringer Effect”**. This is caused by the “bowstringing of the Subscapularis across the prominent coracoid process.”
Important conditions

Impingement – Sub coracoid

Patients will have anterior shoulder pain with coracoid tenderness especially on flexion, adduction and internal rotation (Hawkins Impingement sign).

Characteristically repetitive movement

The pain is characterized as deep inside and medial to the coracoacromial ligament. Instability signs such as the Jobe relocation manoeuver are usually absent.
Important conditions

Impingement – Sub coracoid

Often a diagnosis of exclusion

Often surgical decompression is required
Important conditions

**Impingement – Internal (Posterior Superior Glenoid)**

This occurs with repetitive overhead activities, when the arm is abducted 90° and maximally ER

The posterior inferior aspect of the supraspinatus is impinged between the greater tuberosity and the posterior superior labrum.
Important conditions

**Impingement – Internal (Posterior Superior Glenoid)**

Leads to fraying of the posterosuperior labrum and an undersurface tear of the posterior aspect of the supraspinatus.

High stresses on the anterior inferior capsule.

Therefore, glenohumeral instability may be associated with internal impingement.
Important conditions

**Impingement – Internal (Posterior Superior Glenoid)**

- Laxity Anteriorly
- Tightness Posteriorly
- Instability
- SLAP lesions
Important conditions

Impingement – Internal (Posterior Superior Glenoid)

Treatment –
  - Physio
  - Surgery
PEC MAJOR RUPTURES
Often Weight Training

Swelling, Bruising.

“Dropped Nipple”

Standard MRI scan is Normal
SLAP LESIONS
Important conditions

SLAP lesions

Pain ? Impingement in young person,

20s-30s

Vague pain

?Dead Arm
Important conditions

SLAP lesions

MRI is normal

Clinical tests are equivocal
Important conditions

SLAP lesions

Diagnosis

History

Examination

MR ARTHOGRAM
Important conditions

SLAP lesions

Examination

O’Briens Test

Pain Provocation Test

Crank Test

(95% Senstive for SLAP lesion (Jones et al BESS 2008))