

Recurrent Posterior Subluxation of the Shoulder

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Questions

Who need treatment and how will treat?

Translation of shoulder

On examination

On demonstration

Laxity versus instability

Glenohumeral laxity (increased translation) does not necessarily indicate pathologic and does not need intensive treatments.

Treatments should be based on symptom of the patients.

Rehabilitation versus surgery

Who need intensive treatments (rehab or surgery)?

Shoulder with a painful jerk test.

Pathogenesis

Rotator interval capsule

Posterior capsule

Inferior capsule

Posteroinferior labrum

Increased capsular laxity develops gross and microfailure of posteroinferior labrum by repetitive rim-loading of the humeral head on the posteroinferior labrum.

Treatment goal

Restoration of appropriate capsular tension

Restoration of labral height

Nonoperative treatment

Rehabilitation of scapular stabilizers, strengthening of rotator and shoulder muscles
Pain and modality therapy

Operative treatments

Open inferior capsular shift (Neer)
Arthroscopic capsular plication (Snyder)
Arthroscopic capsulolabroplasty (Kim)