

# **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 manoeuvre 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  $90^\circ$  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% Sensitive for SLAP lesion (Jones et al  
BESS 2008))**