Interesting Cases in Shoulder Instability

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• Nikhil Verma
  \( \text{1st case. Warm Up} \)

• John Costouros
  \( \text{Shades Scholar} \)

• Nikhil Verma
  \( \text{Bulls, White Sox} \)
19 Rugby. Hyper ER. Dislocation. ANT + SLAP.

Repair, Debride, Tenodesis…
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Next Case

20 male. D1 Football. RB
- 2 dislocations in season
- Chooses medical redshirt (missed 5 games at this point)
- Not Hyperflex.
Front Side
Pearls and Comments

Does a posterior inferior anchor matter?

Does Hill Sachs Matter
Does ALPSA Change Anything?

CASE 3
- 22 male
- Shoulder instability, comes out at night
  - 1st scope procedure age 17
  - 2nd scope procedure age 19
- Opposite shoulder 1
  - Range: "Fine" but loose
  - Now 22 y.o.
  - Hypothesis: not EHD
  - Low abduction
  - apprehension
  - "want this to end"

2 Failed Scopes
2 failed scope 22 male

What would you do?

Survey Says...
Jury on LTJ

• Sling duration?
• Post op CT?
• Return to Sports?

• 2 weeks
• Nope
• 4 mo’s”

"You will never move normally again after that operation”
A2nd opinion at major institution.

Outcome

• Did great. Full motion. Stable.
• 11.25 mo’s later at 14:32 hrs.
• URGENT CALL. "shoulder is dislocated”, please call ASAP.

Options

○ Throw up
○ Hyperventilate
○ Have office tell them I have moved
○ Move
○ OMFG. The NY guy was right....

○ “Mrs Jones I am so sorry to hear he has hurt his other (opposite) shoulder”
Doc, I want the same operation.

Options

- Fresco from Pompeii
Is a Bristow Better than a LTJ..or vice versa?

Yes, Dr. Mirzayan, I know that the screw is a little long. Just Shhh. Trust me, he just fine!!!
Got Deployed...it's been this way 6 weeks?
Soft head…25 male….

I have more…

Nest Case : 47 Male
47 male. 3 mo out. TOB. DM
Sophisticated Operations are for sophisticated people
Case #1

- 19 yo D1 FB player, strong safety:
  - Traumatic anterior instability event making a tackle in camp
  - Recurrence during the first game and unable to continue to play with a harness
  - Exam:
    - + Apprehension
    - + Jobe
    - Load/shift
  - MRI: anteroinferior labral tear with medialized position; small Hill-Sachs lesion
Case #1

- Progressed normally
- Cleared for play ~6 months postop
- Full ROM, negative apprehension
- Played all spring and first part of the following season
- Feeling great, fully back when...
- Recurrent episode during practice
- Hit a running back who was moving past him through a running lane
- Imaging:
OK what now??

Case #1

- Anterior glenoid fx / bony Bankart
- Anchor holes?
- Recurrently unstable
- Now what???

Diagnostic Scope