

Test 3

Shoulder Injuries

Chapter 22; class notes

Class Meeting: Monday, April 18, 2016

Define Rotator Cuff Impingement.

- Irritation of tendons of the rotator cuff and inflammation of the bursa lining these tendons.

Define Impingement

- to collide or strike; to encroach or trespass

For rotator cuff impingement, describe signs & symptoms, the mechanism of injury, and recommended treatment.

- See PowerPoint or Chapter 22.

What is an Arthrogram?

- X-ray of joint using contrast dye

Define Apprehension Sign as it relates to dislocation of the glenohumeral joint.

- Athlete will not permit flexion/abduction/external rotation of humerus.

Describe a Bankart Lesion.

- Labrum is torn from glenoid fossa.

Describe a Hills-Sachs Lesion.

- A compression injury of articular surface of head of the humerus.

Describe the mechanism of injury for an anterior dislocation of the shoulder.

- The arm is forced into external rotation, usually with abduction and flexion.

When should a dislocated shoulder be reduced? Based on standard of care, who should reduce a shoulder dislocation?

- (1) as soon after injury as possible; (2) x-ray - MD reduce - re-x-ray

Describe appearance of the shoulder complex of an athlete who has sustained a moderately severe AC joint sprain.

- Ranging from no change to elevation of clavicle relative to the acromion

Describe the mechanism of injury for an AC joint sprain.

- Fall on outstretched arm, or a direct blow to tip of shoulder, which drives acromion downward and clavicle is levered upward.

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Describe options for treatment of an AC joint sprain.

"skillful neglect"