



SNS COLLEGE OF ALLIED HEALTH SCIENCES
SNS Kalvi Nagar, Coimbatore - 35
Affiliated to Dr MGR Medical University, Chennai



DEPARTMENT: ALLIED HEALTH SCIENCES
COURSE NAME: OBG

Topic: Dislocation of Shoulder



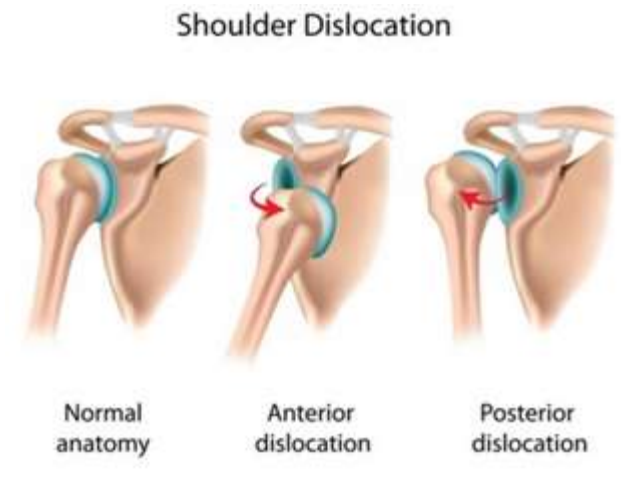
Dislocation of shoulder



Definition-

A dislocated shoulder is an injury in which the upper arm bone pops out of the cup-shaped socket that's part of the shoulder blade. The shoulder is the most flexible joint,

A shoulder dislocation is an injury that happens when the ball and socket connection between the bones is separated.





Etiology



A dislocation happens when extreme force is put on a ligament

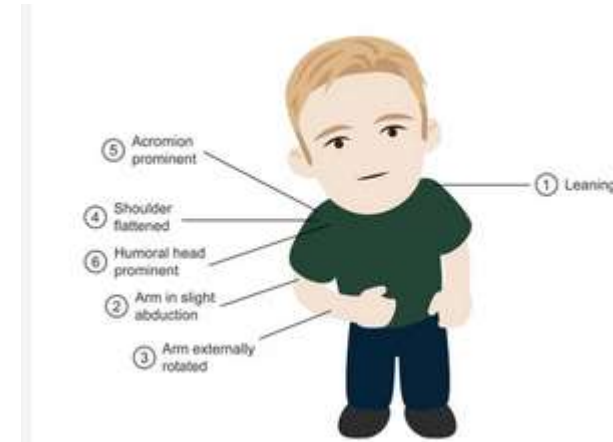
such as while playing a contact sport. Ligaments are flexible bands of fibrous tissue. They join various bones and cartilage.



Clinical features



- Extreme pain.
- Weakness.
- Inability to move the arm.
- shoulder being visibly out of place.
- Swelling.
- Bruising or discoloration.
- Muscle spasms.
- Numbness, tingling or weakness in your arm, hand or fingers.

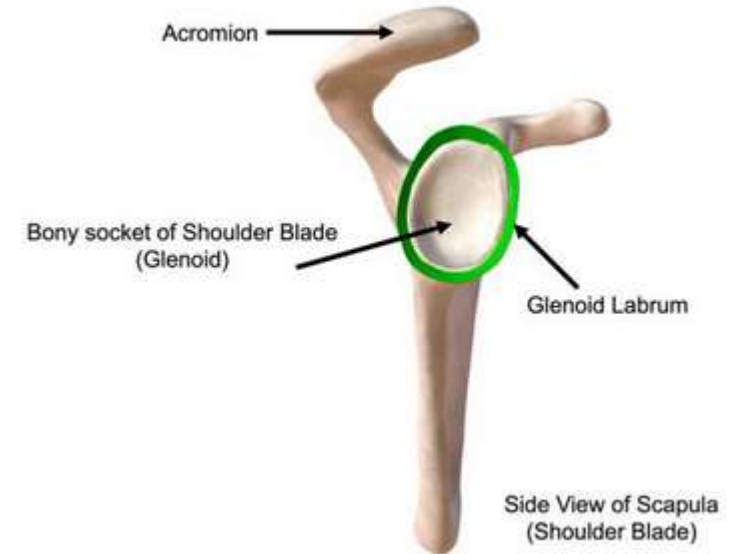




Complications



Tearing of the muscles, ligaments and tendons that reinforce the shoulder joint. Nerve or blood vessel damage in or around the shoulder joint.





Assessment 1



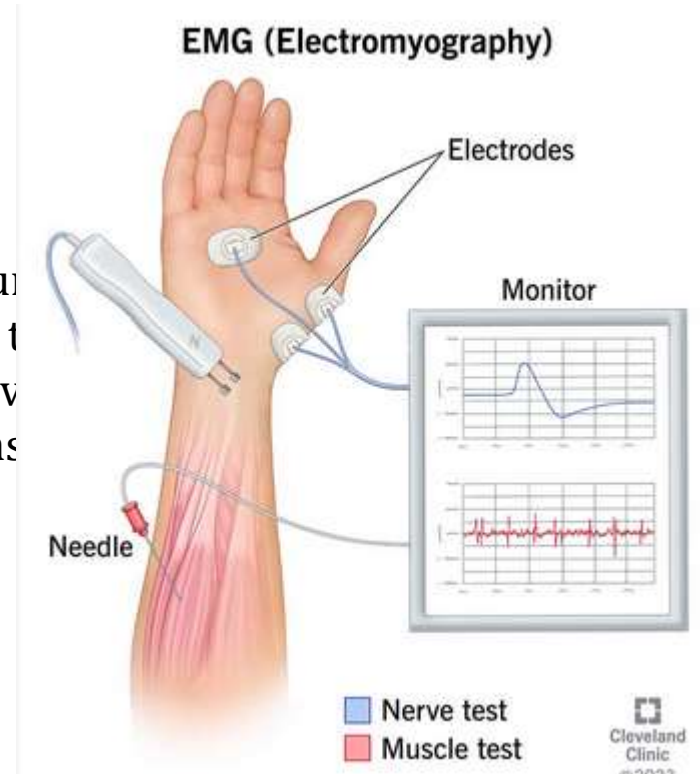
- 1. Which joint will be dislocated during shoulder dislocation?
- 2. Mention the clinical features
- 3. Etiological factor



Diagnosis



- History collection
- Physical examination
- X-Ray
- **Electromyography (EMG)** is a diagnostic procedure to assess the health of muscles and the nerve cells that control them (motor neurons). EMG results can reveal nerve dysfunction, muscle dysfunction or problems with nerve-to-muscle signal transmission.
- MRI





Management



- **Surgery.** Surgery might help those with weak shoulder joints or ligaments who have repeated shoulder dislocations despite strengthening and rehabilitation. In rare cases, damaged nerves or blood vessels might require surgery. Surgical treatment might also reduce the risk of re-injury in young athletes.

Arthroscopic Shoulder Surgery

- Surgery for a dislocated shoulder is often required to tighten torn or stretched tendons or ligaments. A surgeon may also repair a torn labrum, the ring of cartilage that surrounds the shoulder socket and stabilizes the humerus. Together, these soft tissues hold the joint in place. The goal of surgery is to repair or tighten these tissues.



Closed reduction

- **Closed reduction.** In this procedure, some gentle maneuvers might help move the shoulder bones back into position. Depending on the amount of pain and swelling, a muscle relaxant or sedative or, rarely, a general anesthetic might be given before moving the shoulder bones. When the shoulder bones are back in place, severe pain should improve almost immediately.



- **Immobilization.** After closed reduction, wearing a special splint or sling for a few weeks can keep the shoulder from moving while it heals.
- **Medication.** A pain reliever or a muscle relaxant might provide comfort while the shoulder heals.
- **Rehabilitation.** When the splint or sling is no longer needed, a rehabilitation program can help restore range of motion, strength and stability to the shoulder joint.





Quiz about
Managements

Assessment-2





Summary



- Refer Text book of orthopedics-Maheswari
- Website link -<https://youtu.be/2ApBar-qtlg?si=okJkpZOrpB9B681G>