

Dr Jerome Goldberg

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Dr Jerome Goldberg
Shoulder Surgery

CASE 1



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History

- 50 yr old female
- Dominant arm
- 3 month history of
 - Pain with movement
 - Discomfort at night
 - Progressive loss of ROM
- No trauma
- No significant medical history



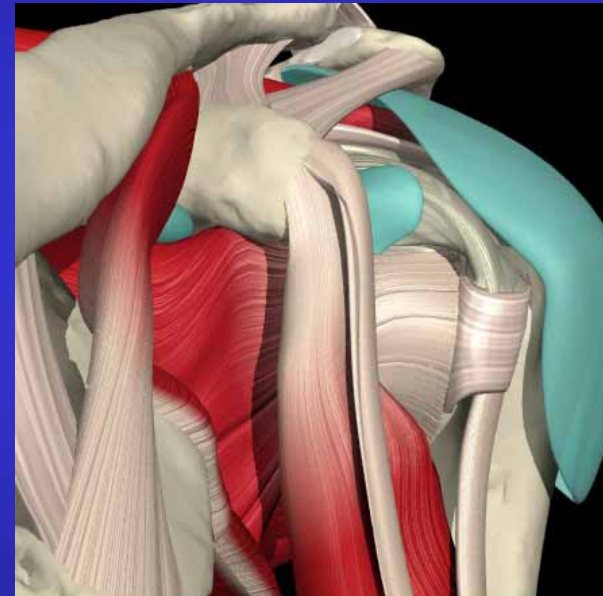
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What is most likely diagnosis?

- A. Impingement
- B. Adhesive capsulitis
- C. Calcific tendonitis
- D. Rheumatoid arthritis
- E. Instability



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Examination

- Tender shoulder
- 90/90/10/S
- Normal power
- + impingement
- Normal neck



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What is most likely diagnosis?

- A. Impingement
- B. Adhesive capsulitis
- C. Calcific tendonitis
- D. Rheumatoid arthritis
- E. Osteoarthritis



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What test would you order ?

- A. Xray
- B. Ultrasound
- C. MRI
- D. Blood tests
- E. EMG & N conduction studies

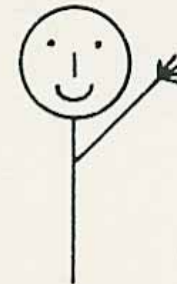
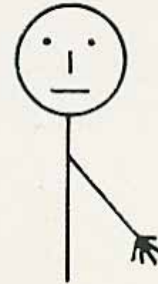
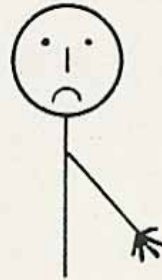


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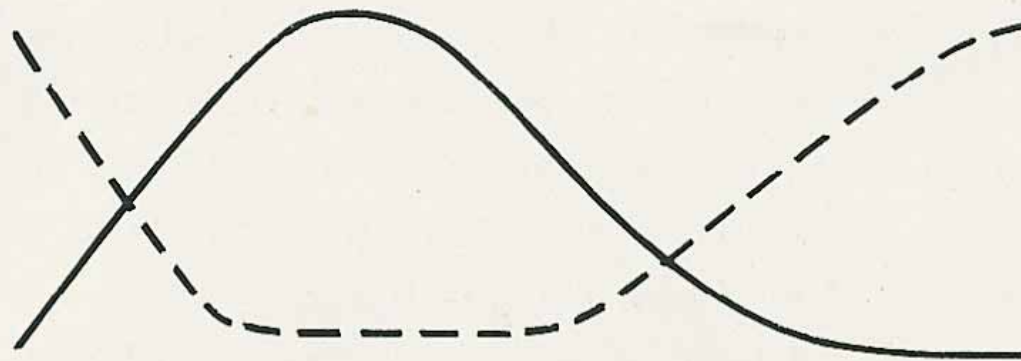
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Phases



Range

Pain



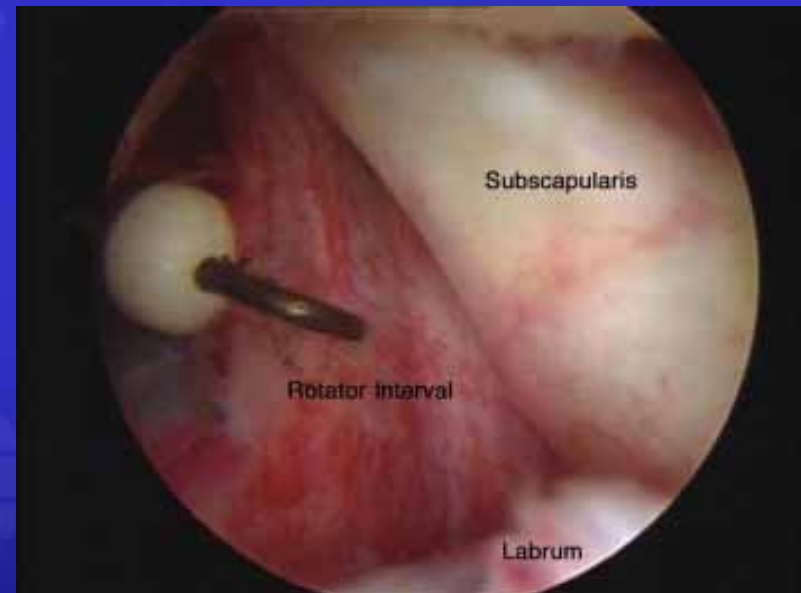
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Treatment options

- Supervised neglect
- Intraarticular cortisone
- NSAIDs
- Physiotherapy
- MUA
- Hydrodilatation
- Arthroscopic capsular release



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CASE 2



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History

- 45 yr old male
- Dominant arm
- Fall onto outstretched arm 2 weeks ago
- Significant pain with elevation
- Severe night pain



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What is the most likely diagnosis?

- A. Instability
- B. Impingement
- C. Rotator cuff tear
- D. Soft tissue injury
- E. Ruptured long head of biceps



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Examination

- Tender shoulder
- Mild bruising
- Ruptured Irb
- 90/160/45/S
- Positive impingement sign
- Negative apprehension sign
- Loss of ER power



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What is the most likely diagnosis?

- A. Instability
- B. Impingement
- C. Rotator cuff tear
- D. Soft tissue injury
- E. Ruptured long head of biceps



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What tests would you order?

- A. Xray
- B. Ultrasound
- C. CT
- D. MRI
- E. MRA

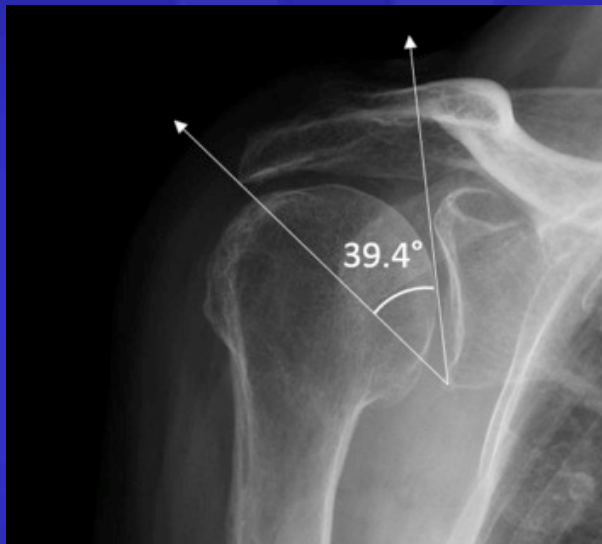


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Investigations

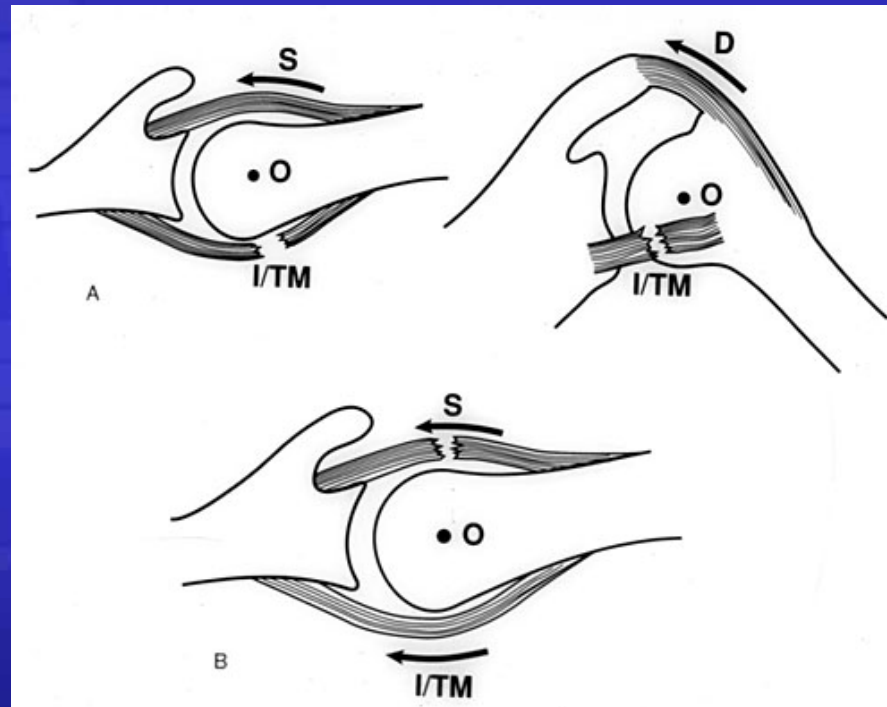
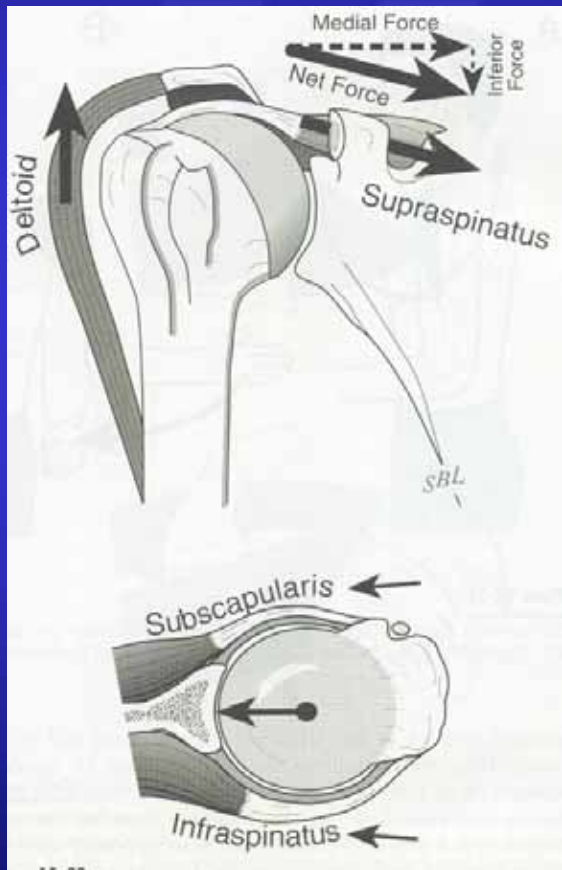


When do you order an MRA??



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Treatment options

- Cortisone injections
- Physiotherapy
- Surgery
 - Open
 - Arthroscopic
 - Single row
 - Double row
 - Mini open
 - Augmentation
 - RTSR



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