

Shoulder Dislocation / Labral Tears

ICD-9 Codes: 840.7

Definition: A shoulder dislocation can occur when the ball part of the shoulder joint (humerus) comes out of the socket (glenoid fossa). The Labrum is the cartilage ring around the socket.

Anatomy: The shoulder is a potentially unstable ball and socket joint (like a golf ball on a tee). Strong ligaments surrounding the joint and the cartilage labrum are required to hold the joint together. These can be torn with a dislocation or from chronic overuse during shoulder strenuous activities such as throwing, swimming, or overhead sports.

Affected Persons: Young Active people are more likely to experience shoulder instability, although it may occur in anyone experiencing a twisting injury or fall.

Symptoms: Shoulder instability may present with wide-ranging symptoms. Pain with activity may be the only complaint, or the shoulder may dislocate on multiple occasions.

Diagnosis: The diagnosis is made by physical exam and often MRI evaluation.

Treatment: Treatment of more subtle instability or labral tears includes vigorous rehabilitation programs emphasizing core and shoulder strength. Those failing nonsurgical treatment or those experiencing multiple dislocations can be successfully treated with Arthroscopic repair / stabilization.