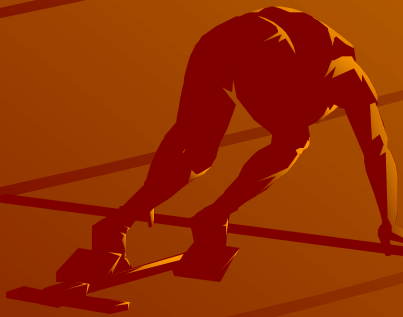


SHOULDER INJURIES OVERHEAD ATHLETE



DAVID B. WILSON, MD

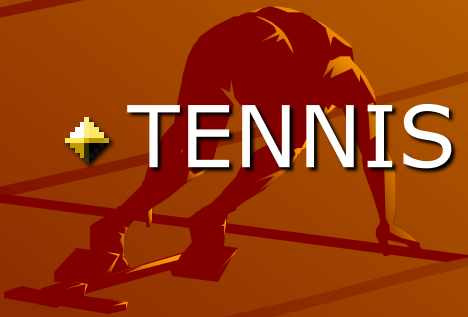
TYPES OF SPORTS

◆ BASEBALL

◆ SWIMMING

◆ TENNIS

◆ VOLLEYBALL



TYPES OF SPORTS

◆ FOOTBALL

◆ SOFTBALL

◆ LACROSSE

◆ WATER POLO



TYPES OF INJURIES

◆ IMPINGEMENT

◆ ROTATOR CUFF

◆ CAPSULE

◆ LABRUM

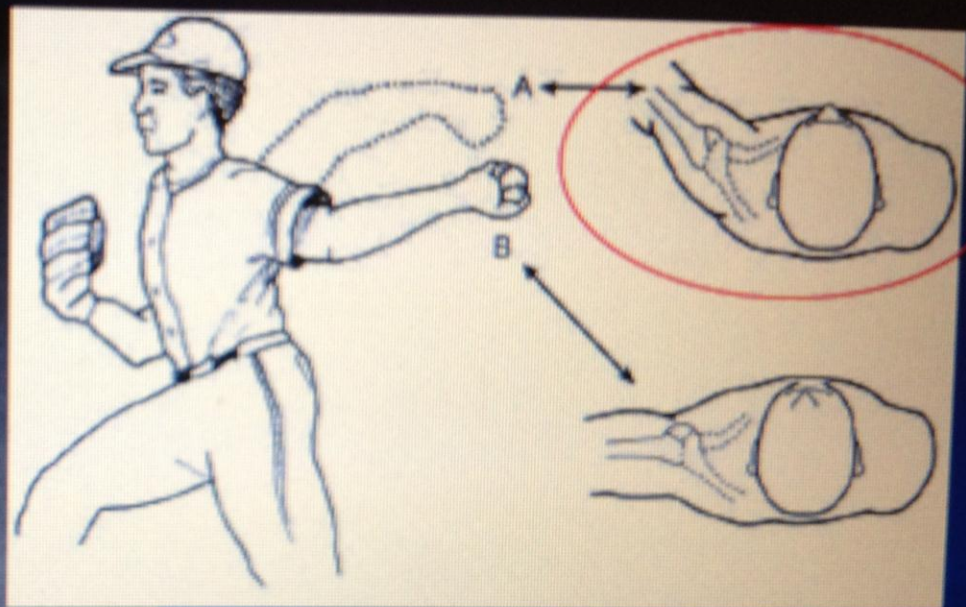


HOW ?

- ◆ REPETITIVE STRESS
- ◆ ANGULAR VELOCITY 7000 DEG/SEC
- ◆ TORQUE 300-400 N SHEAR
- ◆ > 1000 N COMPRESSIVE FORCE
- ◆ POOR MECHANICS

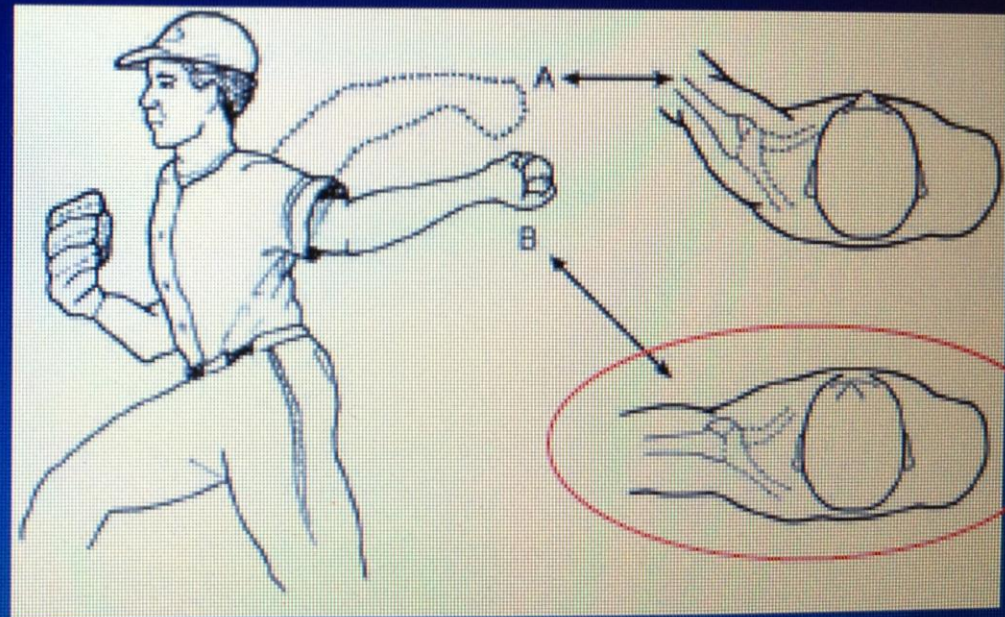


Throwing mechanics- good



- Arm abducted in plane of scapula
- Elbow higher- above horizontal plane

Throwing Mechanics- Bad



Erukhart et al Arthroscopy vol 19(6) 2003

THROWER'S PARADOX

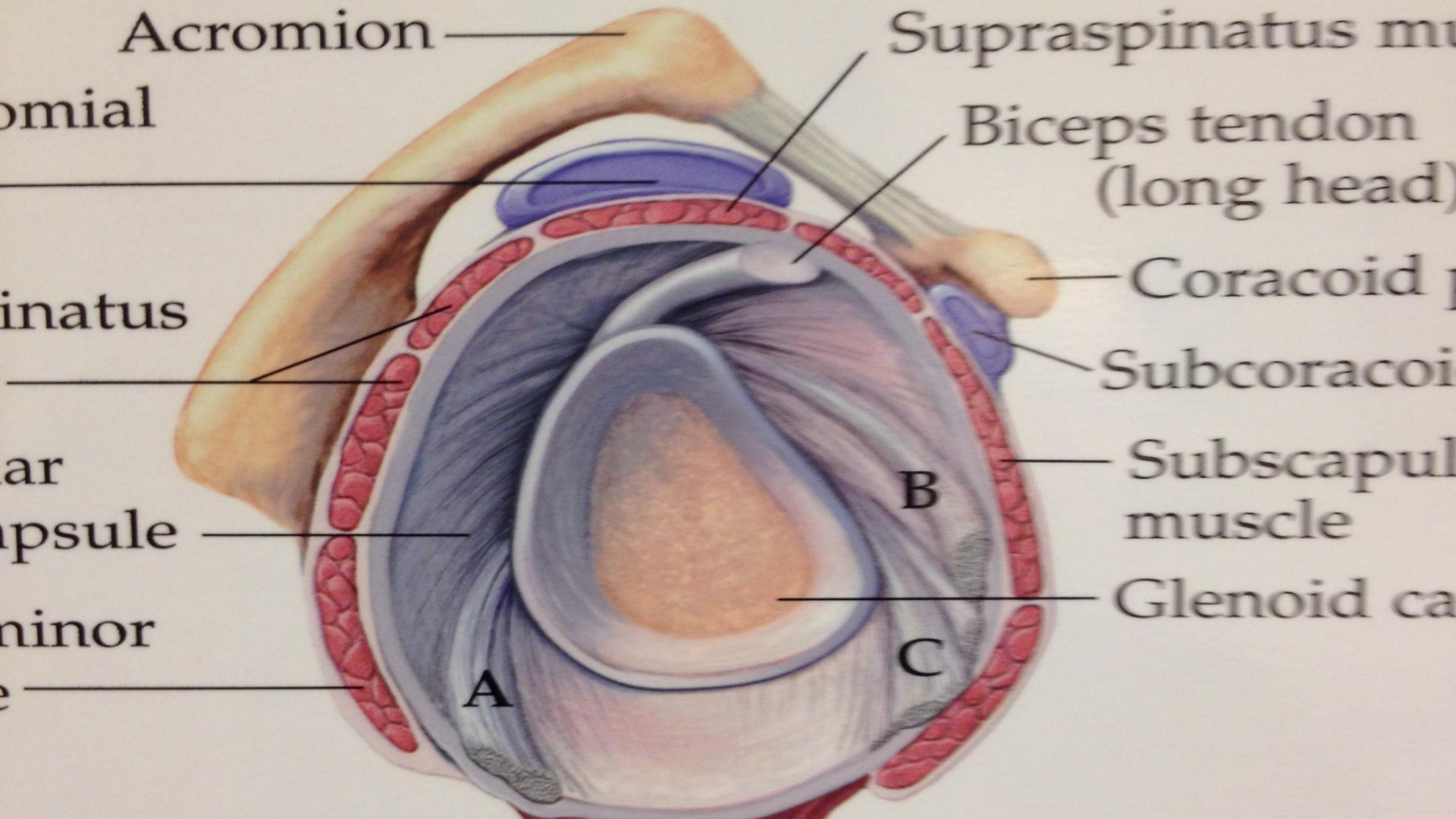
◆ MAINTAIN BALANCE

◆ MOBILITY

◆ STABILITY



et of Right
lder Joint
(al view)



HISTORY

◆ AMOUNT OF ACTIVITY

◆ ONSET OF PAIN

◆ LOCATION OF PAIN

◆ ACTION THAT CAUSES PAIN



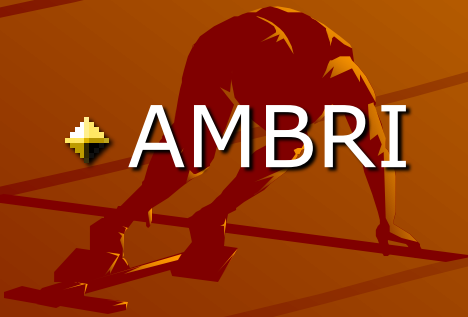
TERMS

◆ LITTLE LEAGUER'S SHOULDER

◆ TUBS

◆ AMBRI

◆ SICK



EXAM

◆ ROM

◆ NEER OR HAWKINS

◆ DROP ARM

◆ SPEED'S



EXAM

◆ OBRIEN'S

◆ JERK

◆ CLUNK

◆ RELOCATION

◆ SCAPULAR POSITION



STUDIES

◆ XRAY

◆ MRI

◆ MRI ARTHROGRAM

◆ CT SCAN



TREATMENT

◆ REST

◆ REHAB

◆ REHAB

◆ REHAB



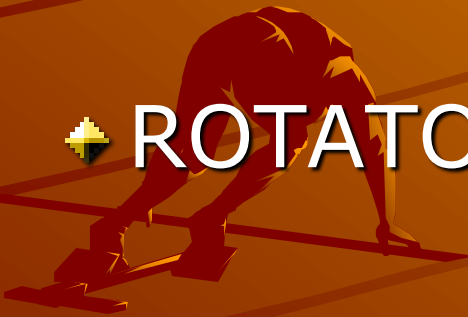
TREATMENT

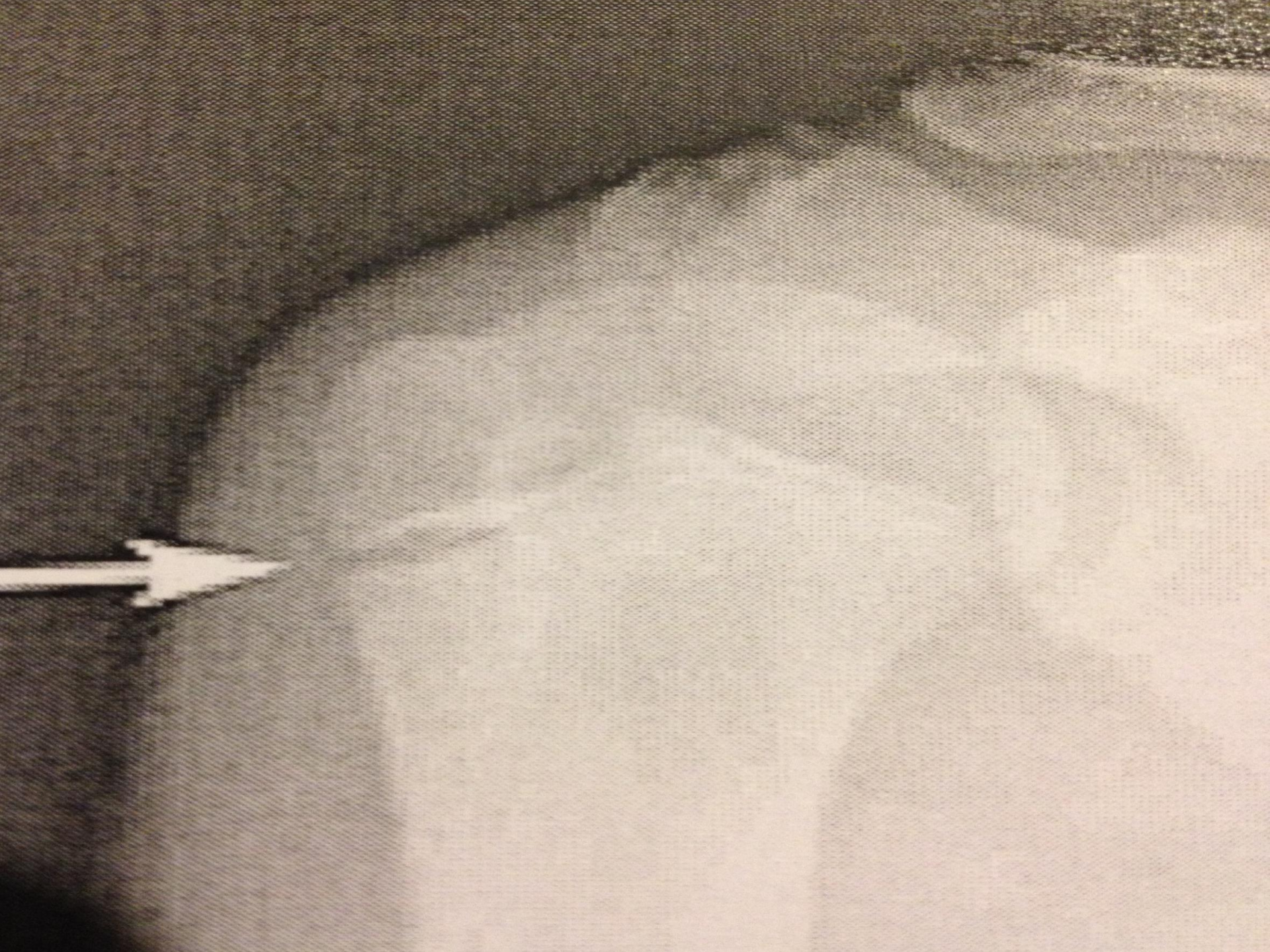
◆ DECOMPRESSION

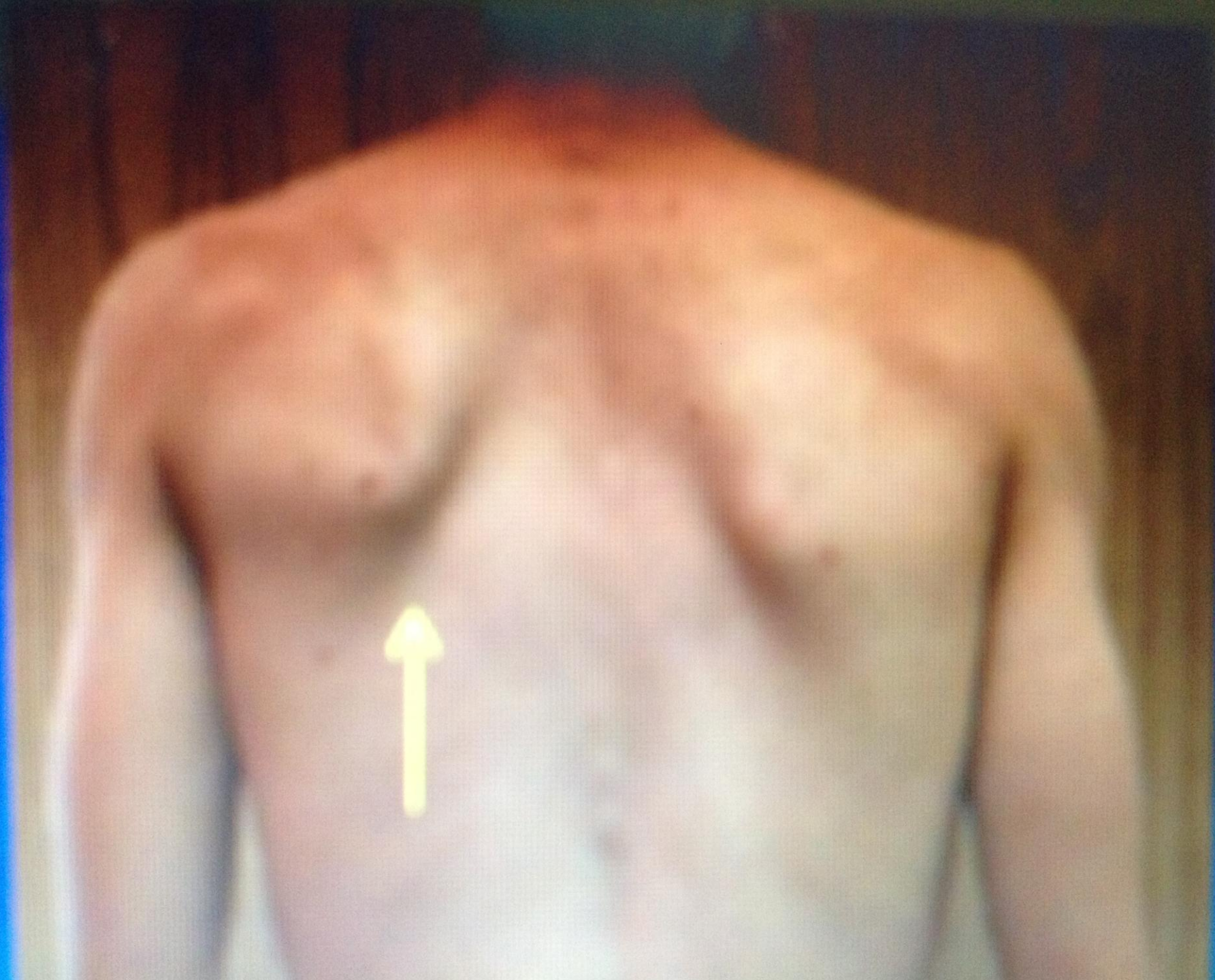
◆ LABRAL REPAIR

◆ ROTATOR CUFF REPAIR

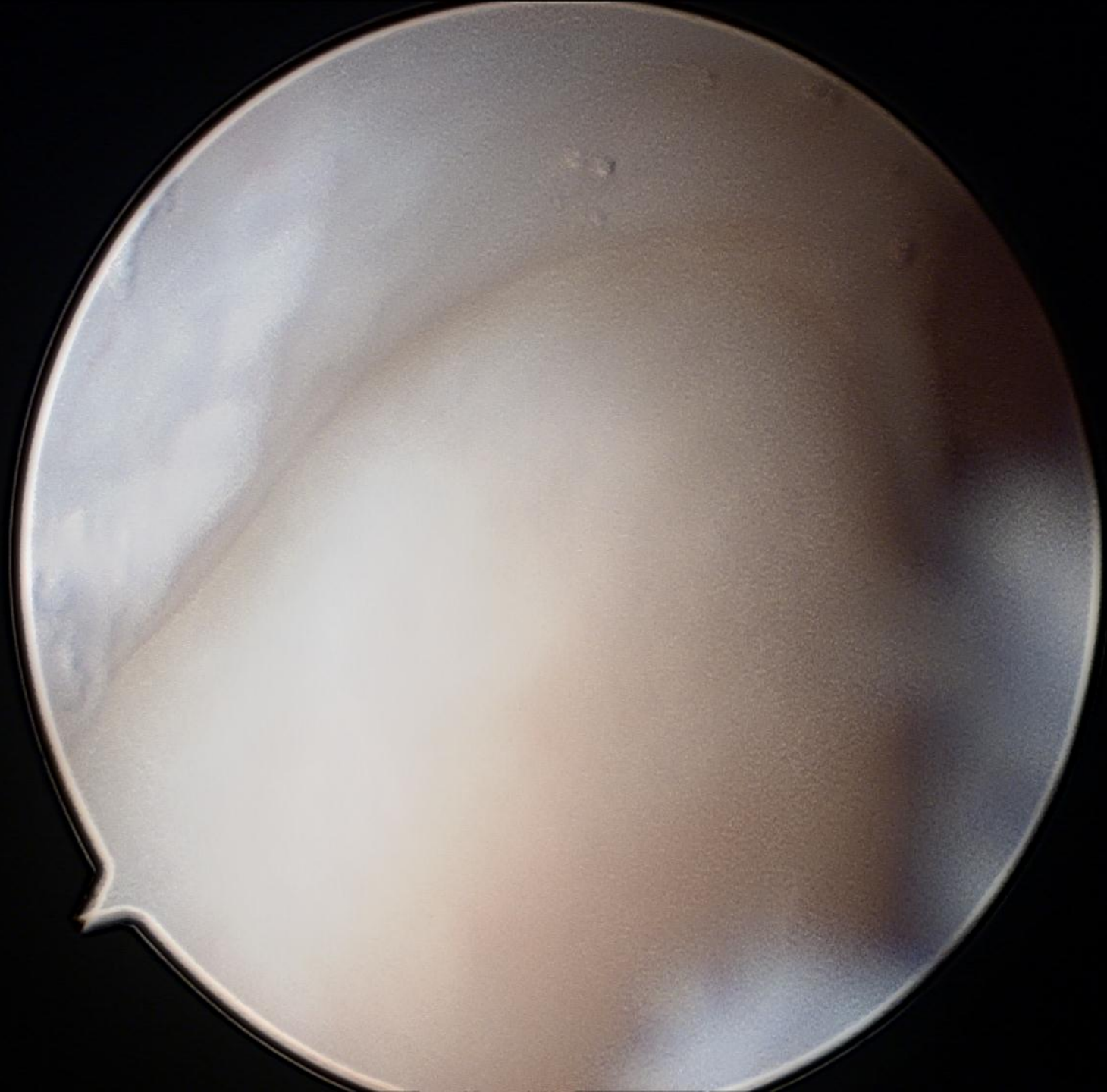
◆ CAPSULAR SHIFT

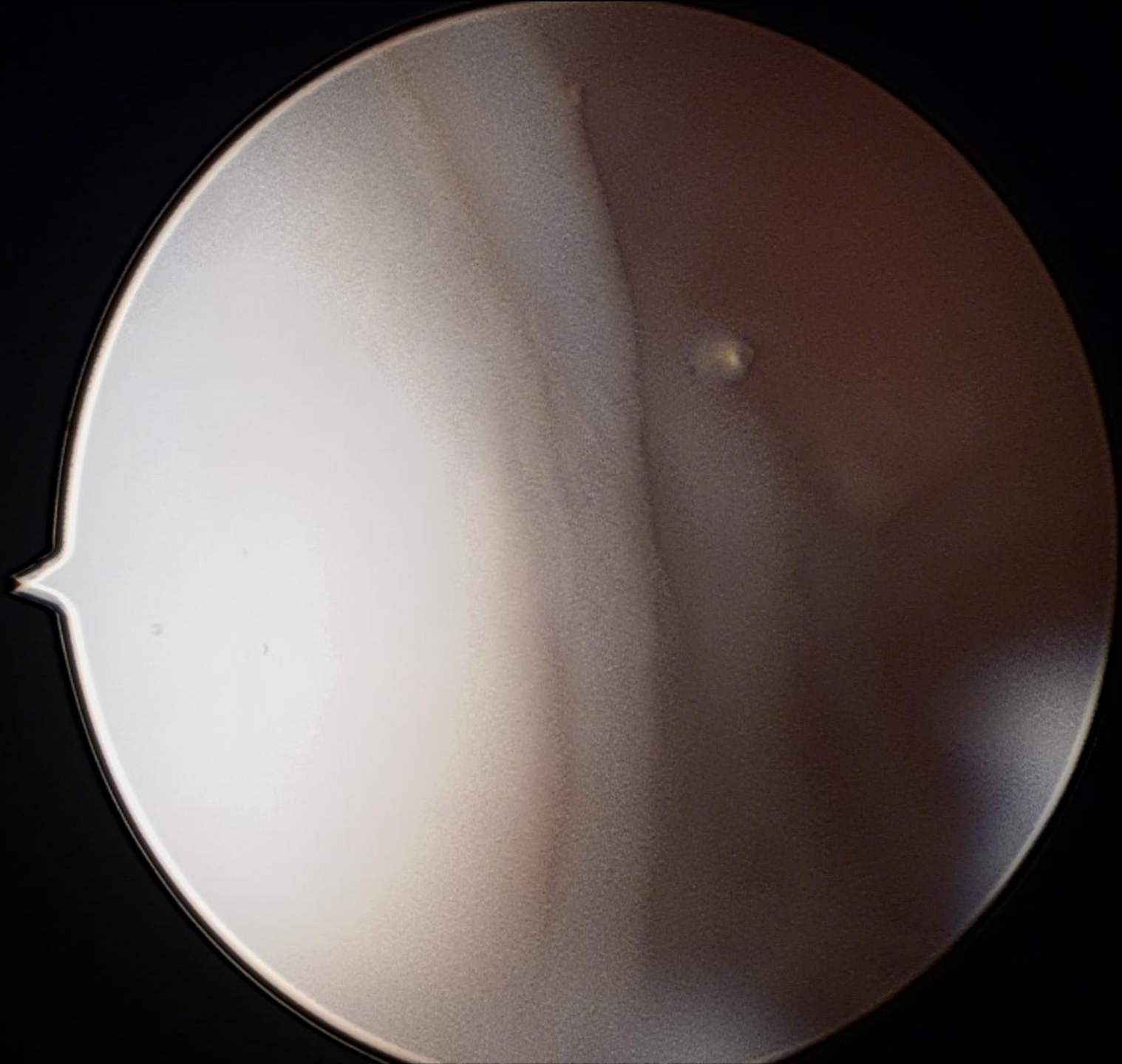


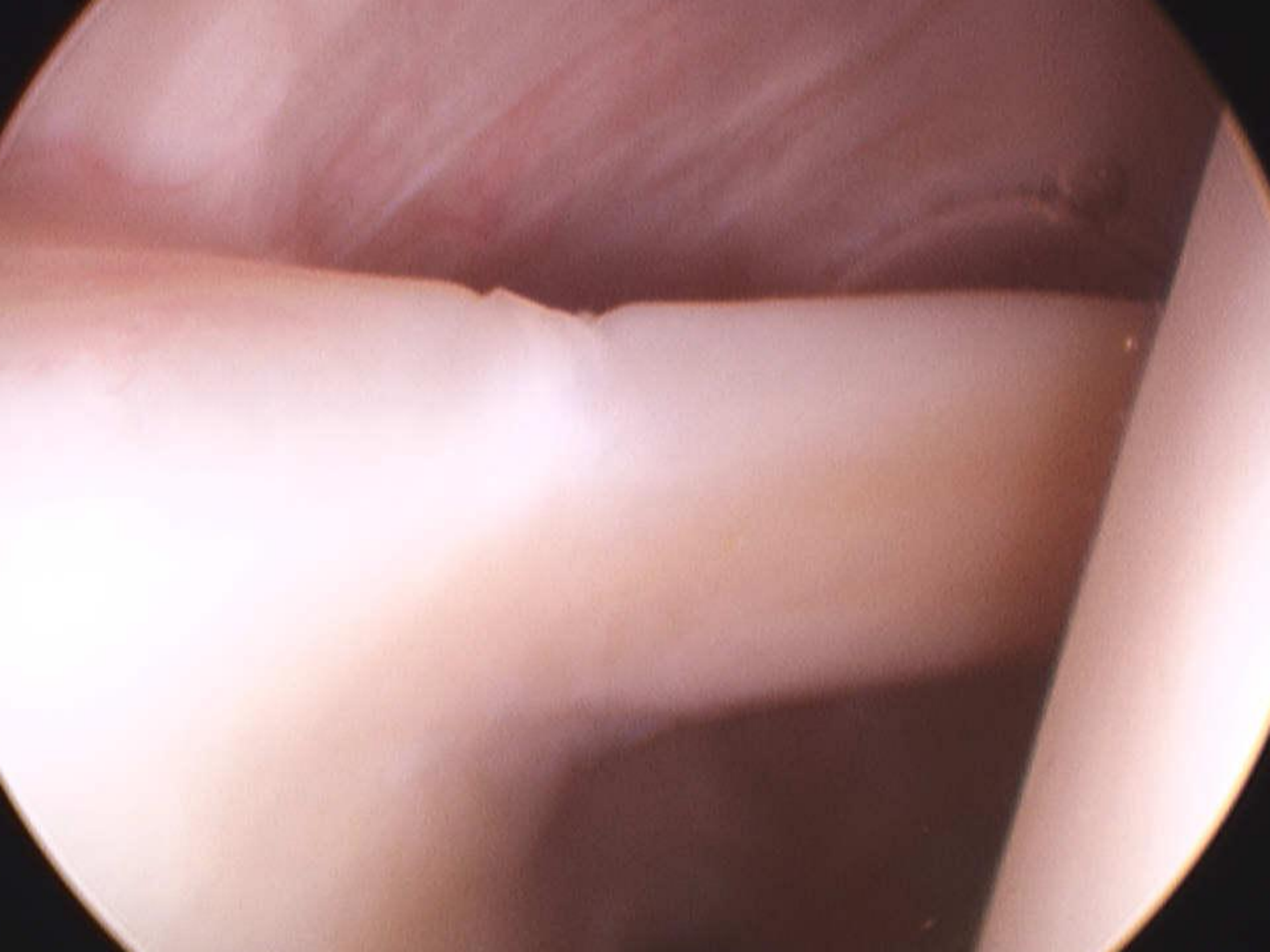














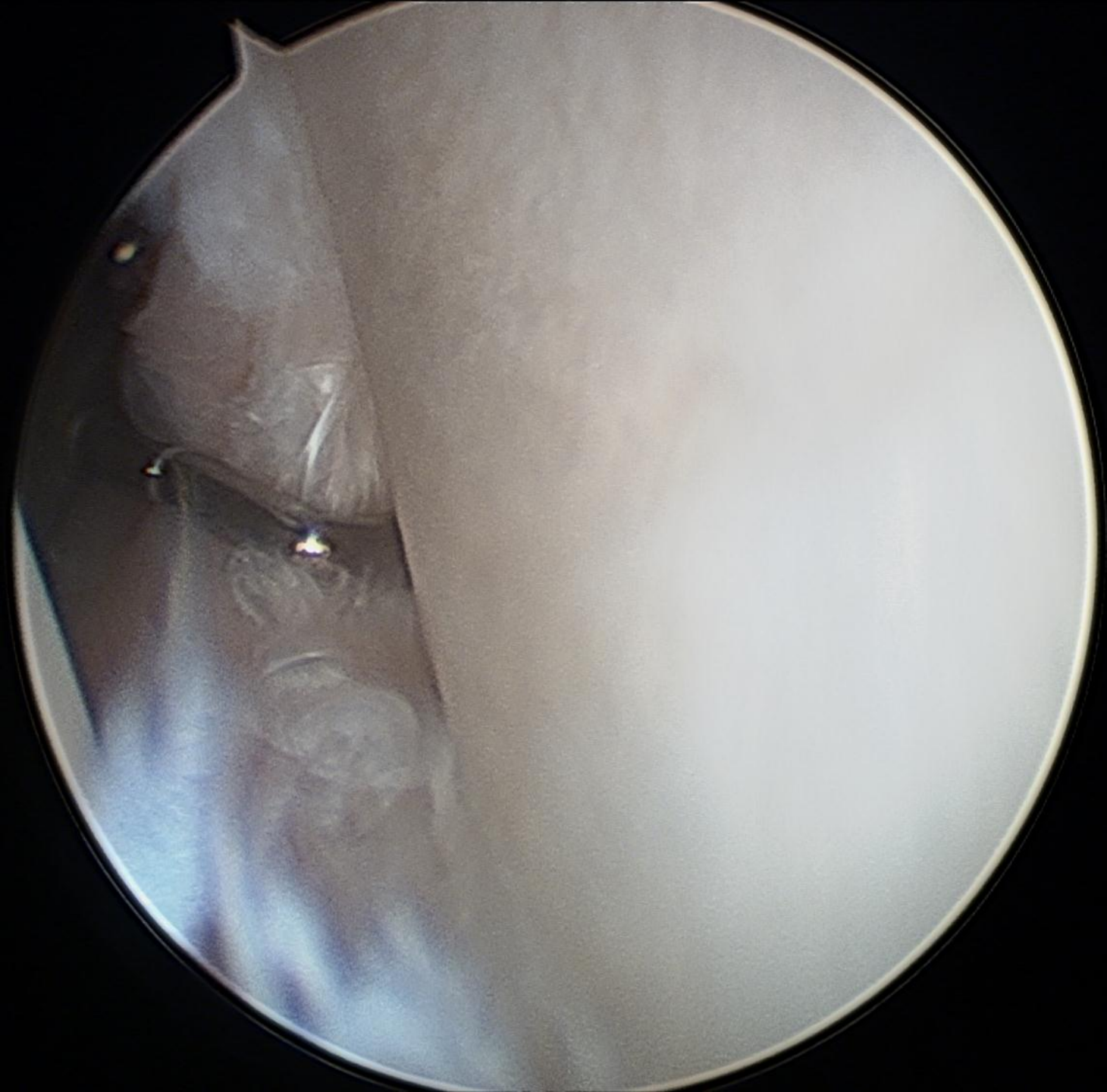


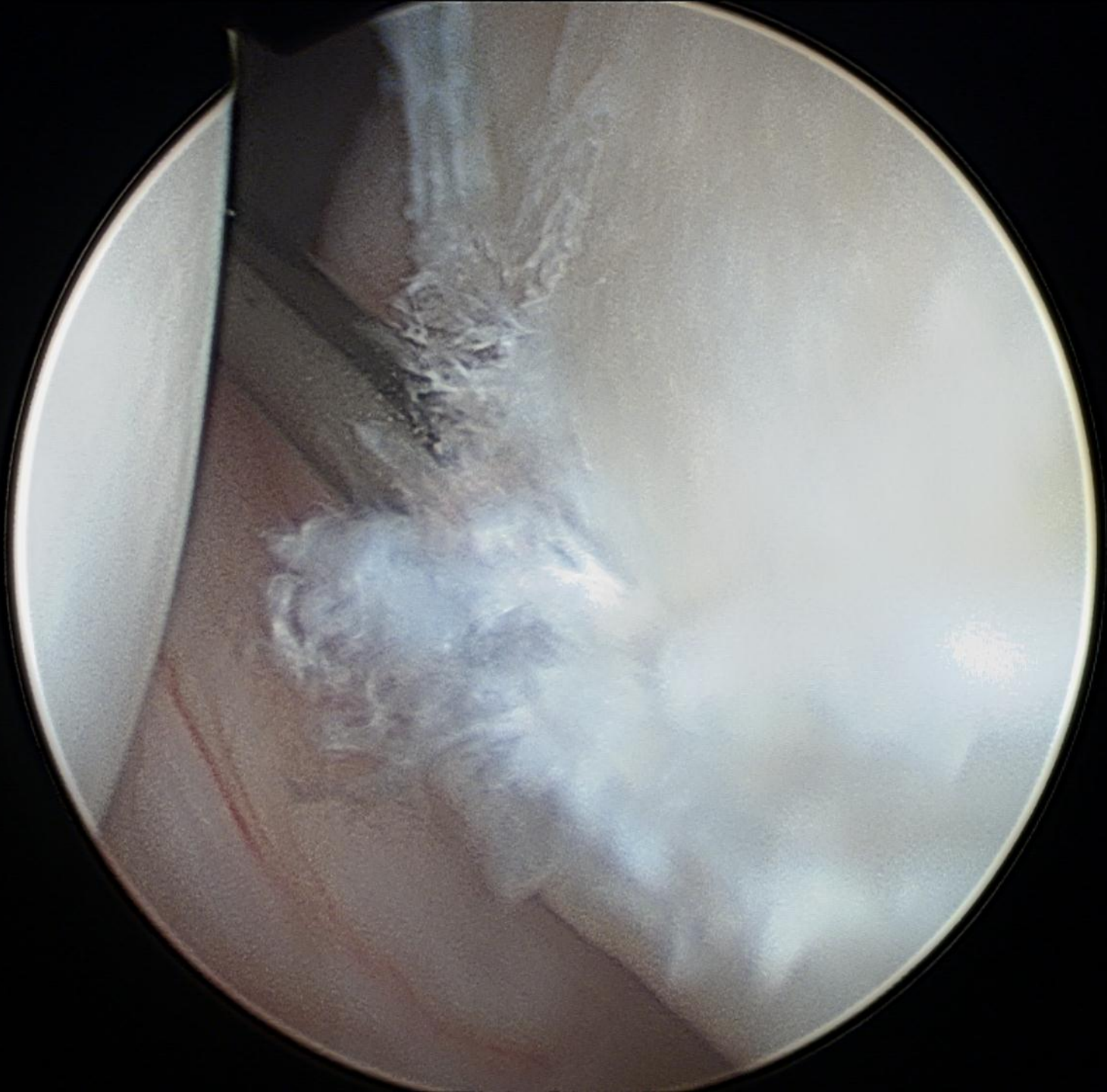


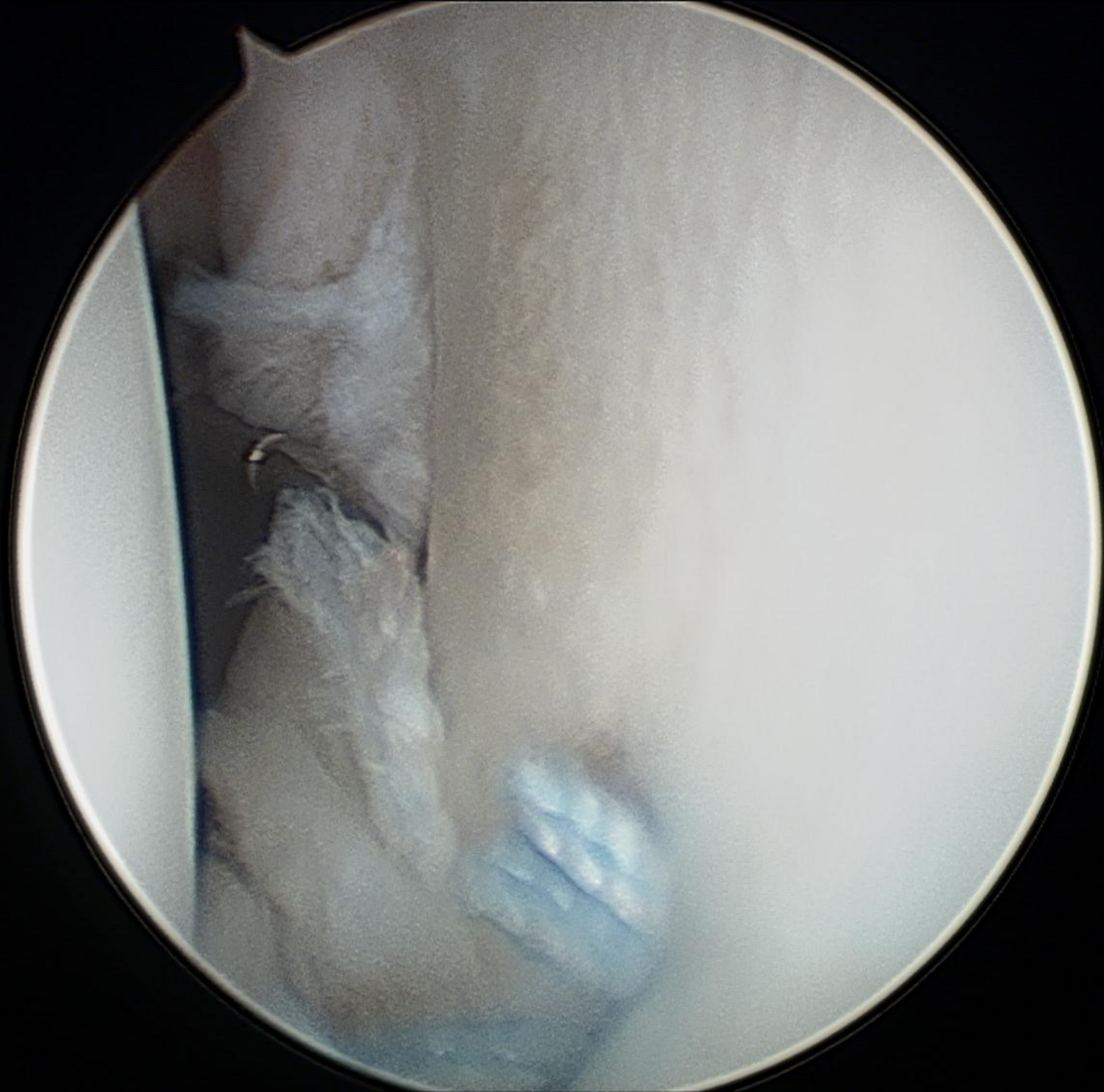














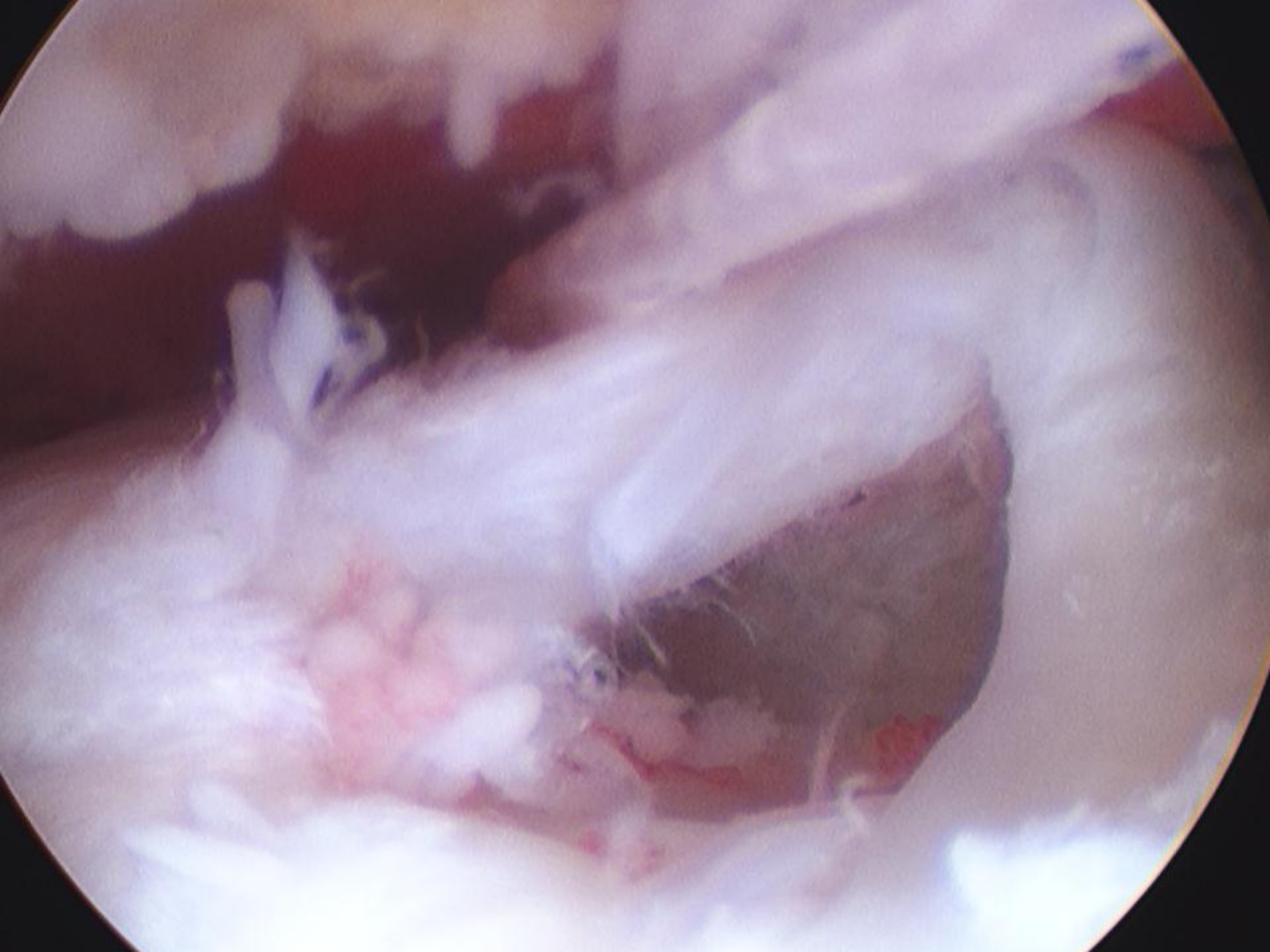




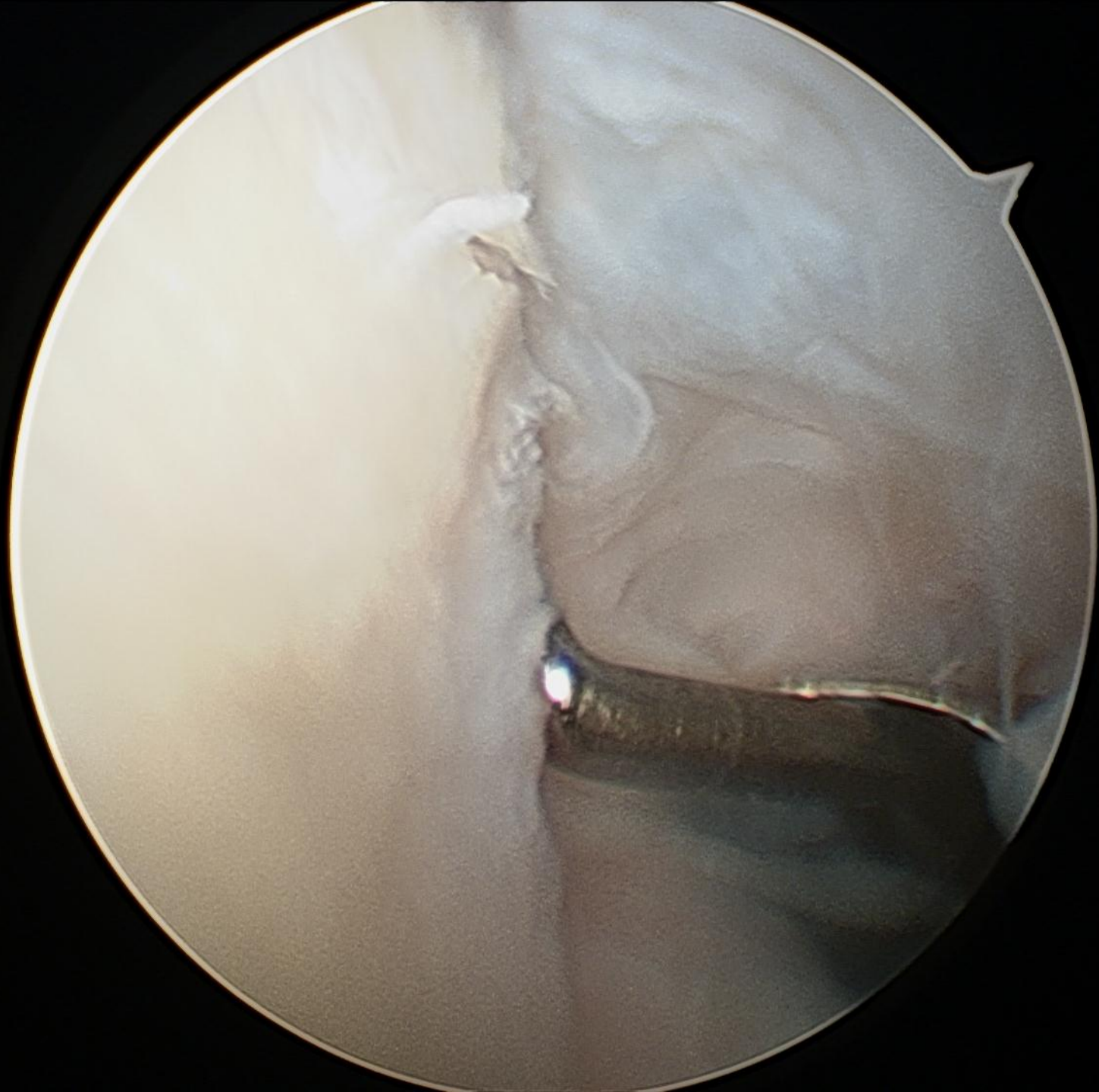


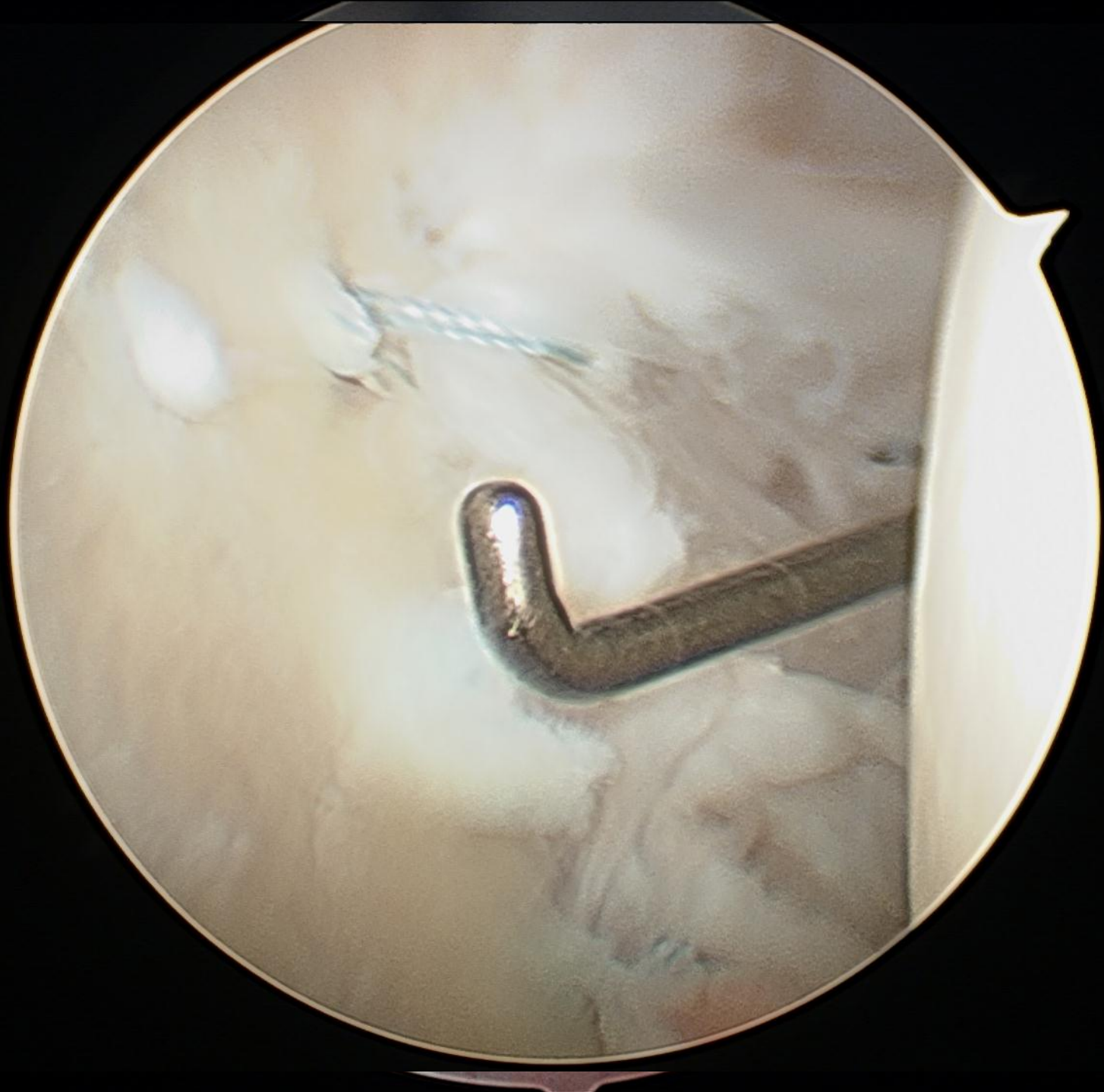












Better to have
LOVED and LOST
than to have
spent the rest
of my life
with that PSYCHO!