

Codman Shoulder Society

History

50 yo RHD female with 9-year duration of shoulder pain and scapula and clavicle instability

Initial injury 2013 – fall on ice onto right arm. Current pain at SC joint 0-4/10, AC joint 0-6/10, SSV 20-30%. Feels best when riding a horse and she retracts her scapula together

Past surgical history:

- 1) 5/13 – distal clavicle excision and SLAP repair
- 2) 12/16 – biceps tenodesis + revision distal clavicle excision
- 3) 11/17 – SC joint reconstruction
- 4) 6/19 – revision SC joint reconstruction after medial clavicle fracture at graft site

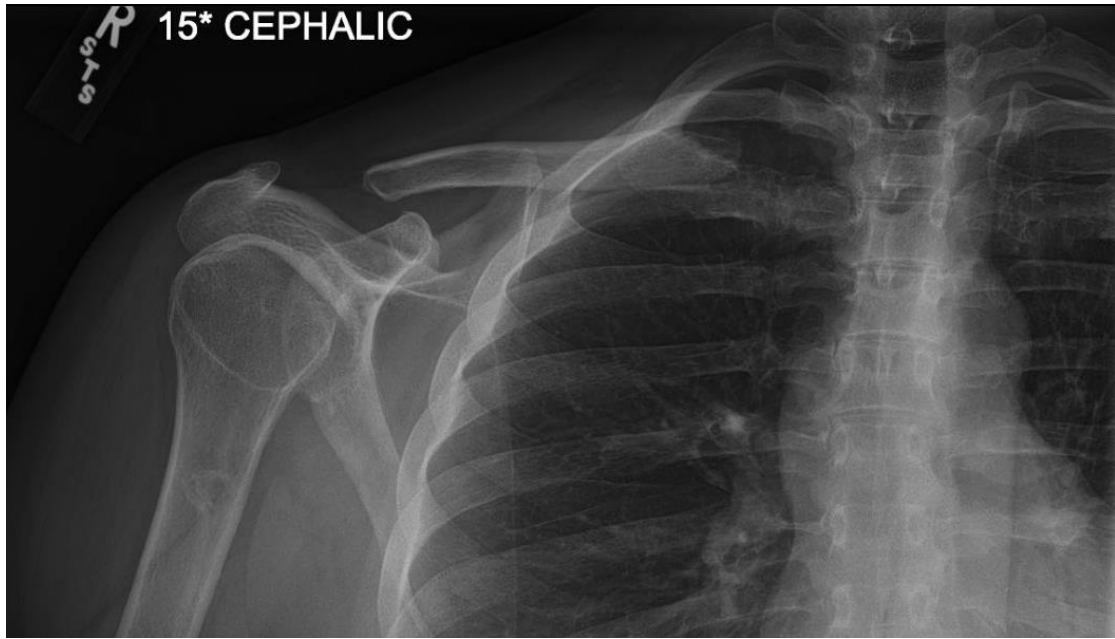
Examination

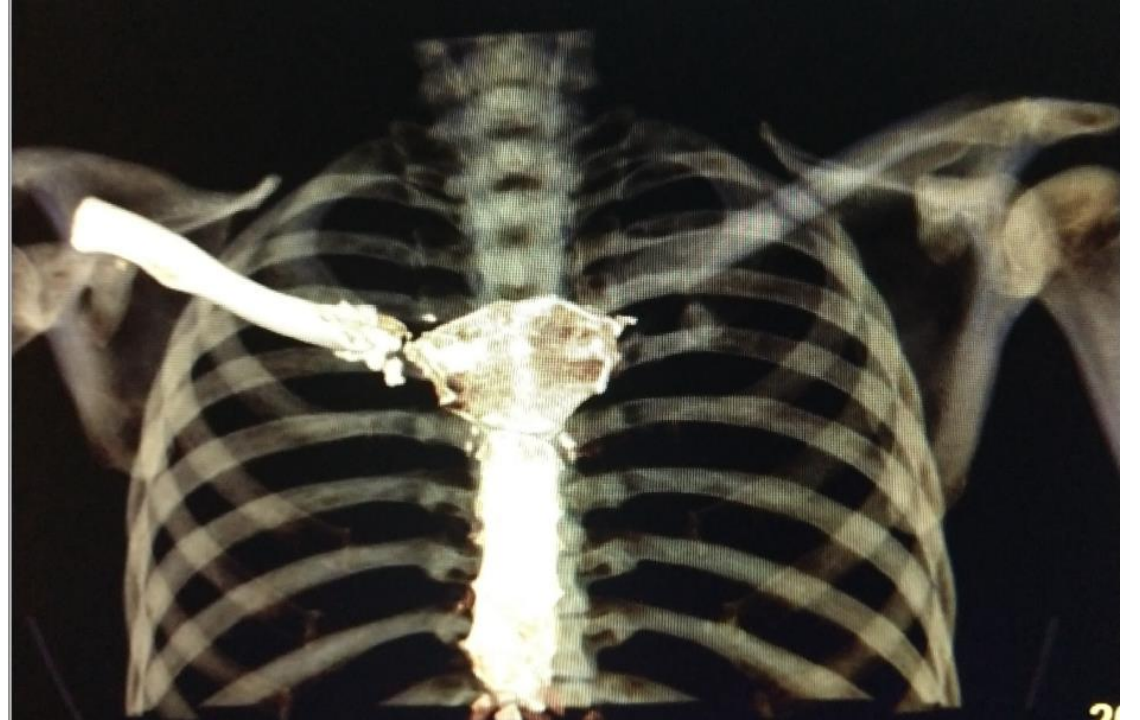
Forward elevation active (150), ER active 50, IR T10

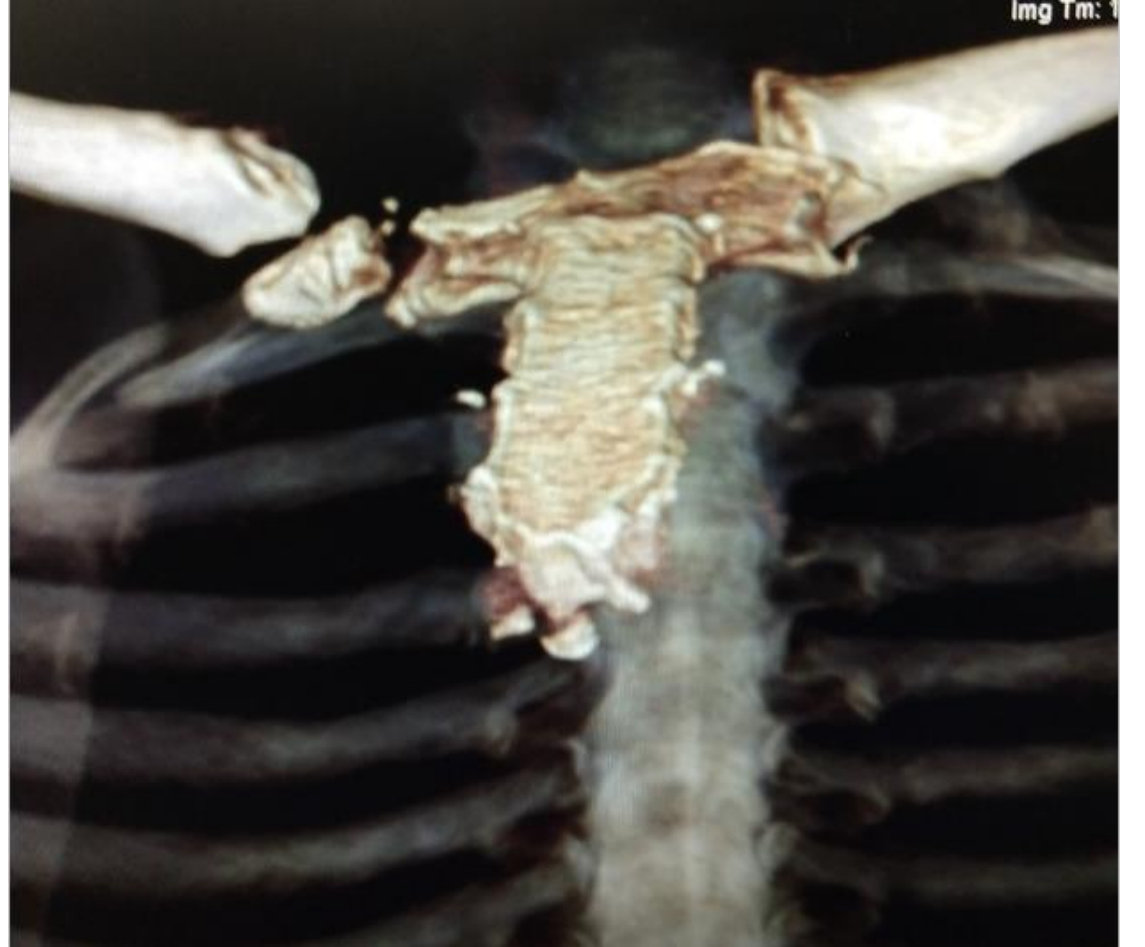
No rotator cuff deficiency. Tender over AC and SC

- Shortened clavicle right vs left
- Scapular protraction throughout ROM with notable lateralization, droop, and anterior tilt of her scapula
- Complete SC dislocation with adduction – clavicle slides anterior to manubrium
- Scapular retraction improves discomfort









Treatment Plan

Diagnosis: Scapular instability secondary to medial and lateral clavicle insufficiency/shortening and multiple failed prior surgeries

Options?

- Right scapular tethering in retracted position to spine using Achilles allograft
- Clavicle to first rib fusion (first rib osteotomy and fusion of remaining clavicle to first rib, retaining costochondral first rib articulation to sternum)
- Scapulothoracic fusion