Right shoulder pain status post fall

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AP Internal Rotation
Hill-Sachs and Bony Bankart
• Arrow over humeral head demonstrates impaction deformity
• Arrow at inferior aspect of glenoid demonstrates glenoid fracture
Arrow demonstrates inferior glenoid fracture
Hill-Sachs and Bony Bankart

• Commonly due to anterior shoulder dislocation
  – Glenohumeral joint most commonly dislocated joint
    • 95% are anterior

• Mechanism: Humeral head displaced anteriorly, inferiorly, and medially
  – Posterolateral aspect of the humeral head catches on the anteroinferior aspect of the glenoid
    • Hill-Sachs: posterolateral impaction fracture of the humeral head
    • Bony Bankart: anteroinferior fracture of the glenoid
Hill-Sachs

- Hill-Sachs deformity found in 80% of initial anterior shoulder dislocations
- Best seen on AP Internal Rotation radiograph
- Redislocation based on articular involvement
- Engaging Hill-Sachs occurs when lesion catches on glenoid rim during movement
Bony Bankart

- Bony Bankart deformity found in 15% of initial anterior shoulder dislocations
- Defect in glenoid can enlarge with repeated anterior shoulder dislocations
- Glenoid defect > 20% of total surface, a bone graft could be required for shoulder stability
- Fx fragment can go on to nonunion or be resorbed
References
