22 yr old s/p trauma

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Anterior shoulder dislocation
Anterior and inferiorly dislocated left shoulder
Arrow: humeral head
Oval: glenoid capsule
Anterior shoulder dislocation

• Glenohumeral joint is most commonly dislocated joint in body
  – 45% of all dislocations
• Glenoid fossa is shallow so as to allow wide range of motion
  – Relatively easy to dislocate and tear soft tissue stabilizers
• Associated abnormalities:
  – Posterior humeral head may be impaled on anteroinferior glenoid, leading to Hill-Sachs fxs and Bankart fxs and lesions
  – Glenolabral articular disruption lesion → Bankart lesion and adjacent cartilage lesion
  – Humeral avulsion of the glenohumeral ligament (HAGL)
Anterior shoulder dislocation

• AP view
  – Humeral head displaced medial and caudal to glenoid fossa
  – Typically inferior to coracoid process
• Axillary view
  – Humeral head displaced anteriorly
  – May have fx of anterior glenoid rim (Bankart fx)
    • Bankart fx in 15% after initial dislocation
• Scapular Y view
  – Some cannot position arm for axillary view, so scapular Y view is good for showing direction of dislocation
  – Humeral head displaced anteriorly
References

1. Shoulder Dislocation Imaging, *Radiology assistant*
2. Acute Shoulder Trauma: What the Surgeon Wants to Know, *Radiographics*