23 y/o male with right shoulder pain while bench pressing

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AP internal rotation

Grashey
Posterior shoulder dislocation
“Trough” sign

Lightbulb sign

Not typical AP internal rotation appearance
Posterior shoulder dislocation

**Mechanism**
- Epileptic seizure: Most common
- Fall on outstretched hand or blow to flexed, adducted, internal rotated shoulder

**Imaging**
- Arm in fixed internal rotation
- Trough sign (reverse Hill-Sachs lesion)
  - Vertical linear sclerosis of medial humeral head
  - 75% of posterior dislocations
  - Due to anteromedial humeral head impaction fracture on posterior glenoid rim
- Light bulb sign (fixed internal rotation)
  - Lesser tuberosity medial and greater tuberosity lateral so proximal humerus shaped like light bulb
- Rim sign (shoulder joint width > 6 mm)
Treatment

• Nonoperative: If reverse Hill-Sachs lesion, defect < 20%
  – Strengthen external rotators
• Surgery: Instability or recurrent posterior dislocations
References