

SAQ 8

A 34 yr old male presents to your Emergency Department following a fall off a bicycle. He complains of a painful shoulder.

a. List the most important positive and negative finding on the patient's x-ray (1 Mark)

1/2 Mark each for:

- *Positive finding - anterior dislocation shoulder*
- *Negative finding - Nil # seen*

b. List 4 key components of the clinical exam in this patient (4 Marks)

1 Mark each:

- *Assess axillary nerve function - 'badge patch' sensation*
- *Assess distal vascular supply*
- *Assess for ipsilateral distal arm injury - influence reduction technique*
- *Assess for remote injury e.g. c-spine etc. - stem does not specify isolated injury only*

c. List 6 techniques for reducing a shoulder dislocation (3 Marks)

1/2 mark each up to 3 marks from:

- | | |
|----------------------------|------------------------------------|
| • <i>Kochers</i> | • <i>Traction-counter traction</i> |
| • <i>Cunningham</i> | • <i>Stimson</i> |
| • <i>Milch</i> | • <i>Hippocratic</i> |
| • <i>FARES</i> | • <i>Eskimo</i> |
| • <i>Scapular rotation</i> | • <i>Manes</i> |
| • <i>Spaso</i> | |

d. The patient's post reduction x-ray reveals a Bankart lesion and Hill-Sach's deformity. Define these abnormalities(2 Marks)

1 Mark for each:

- *Hill-sach's deformity: Humeral head compression fracture usually posterolateral*
- *Bankart lesion: anterior labral tear may include bony element*

Image taken from Radiopedia.org case 'shoulder dislocation: anterior' by Dr Jeremy Jones

Answer adapted from Textbook of Adult Emergency Medicine, Cameron, 4th Edition, Section 4.1.