

An Interesting Case of Acute Shoulder Weakness and Pain

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Case Presentation

- A young adult male presented with sharp, throbbing pain at the posterior shoulder associated with progressive weakness after a weekend of playing beach volleyball.
- Pain was refractory to chiropractor, physical therapy and trial of NSAIDs and CBD oil.

Physical Exam

- Preserved active and passive range of motion.
- 4/5 strength with external rotation and remaining upper extremity muscle testing revealed 5/5 strength.
- Positive posterior grind test.
- Positive Hawkins and Neer's test.

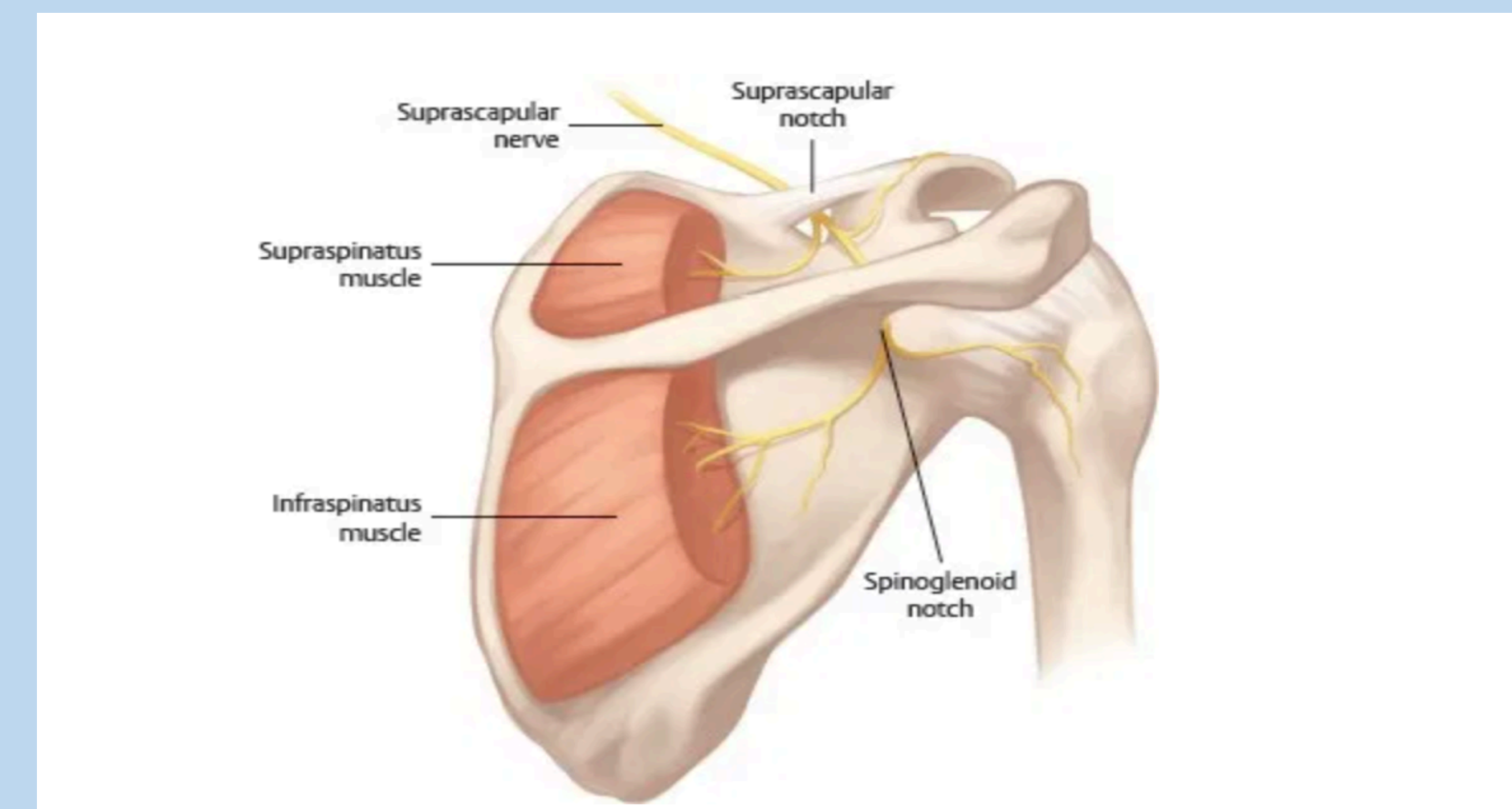
Imaging

- MRI of the left shoulder revealed posterior spinoglenoid notch labral cyst measuring 4.5 X 1.4 X 2.5 cm with mild atrophy of infraspinatus muscle.

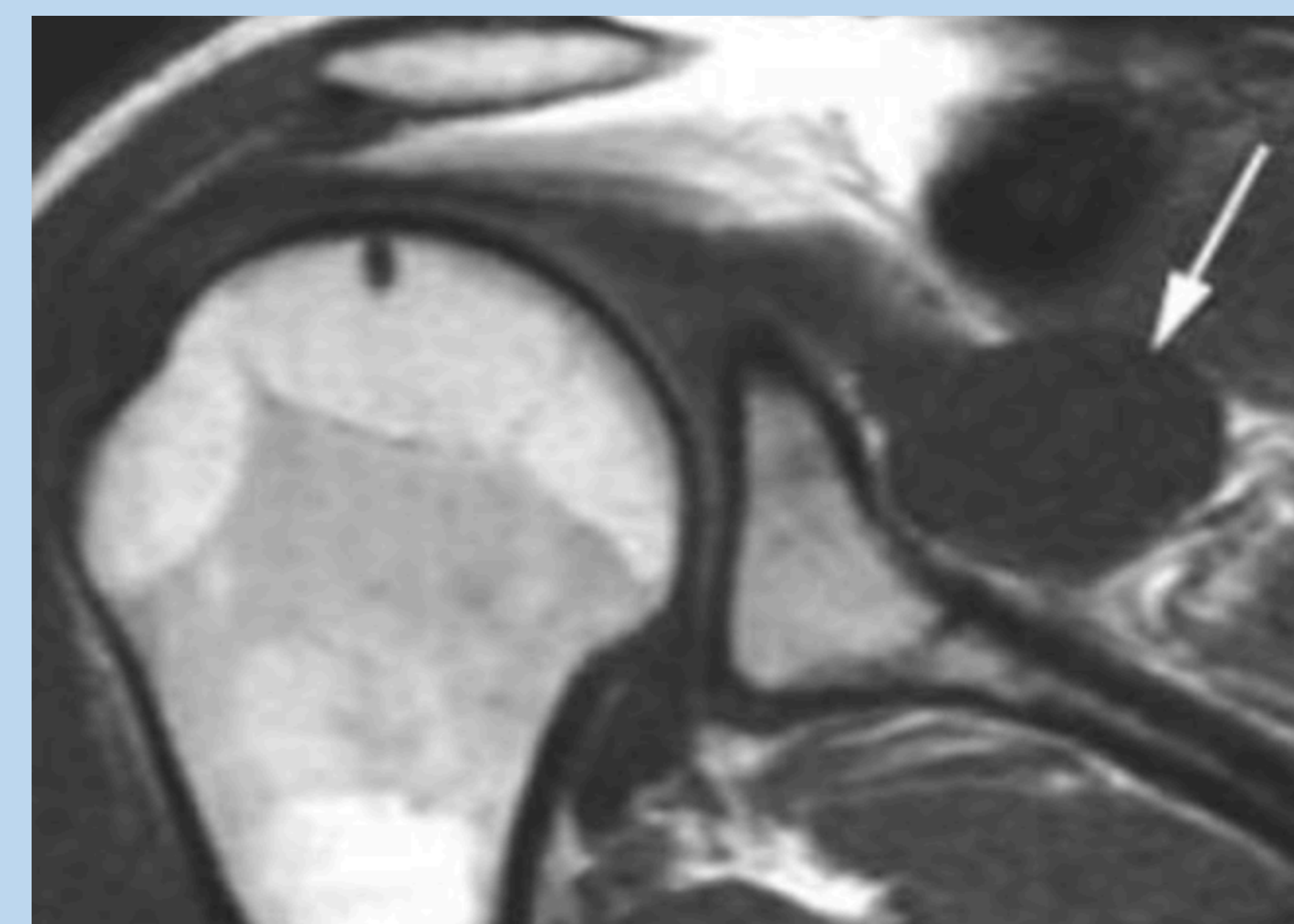
Treatment

- The patient was offered ultrasound guided cyst aspiration versus referral for surgical repair
- The patient chose arthroscopic repair with successful posterior labral fixation without excision due to inability to access the cyst.
- At follow, the patient reported immediate, significant improvement

Suprascapular Nerve Anatomy



Spinoglenoid Notch Labral Cyst



Discussion

- Posterior shoulder pain is a common presenting symptom and is most often associated with rotator cuff pathology, labral tear, glenohumeral osteoarthritis or radiculopathy.
- A less common, but well documented, cause of posterior shoulder pain is suprascapular nerve impingement at the spinoglenoid notch resulting in atrophy of the infraspinatus and weakness of external rotation.
- The etiology of these cysts is labral tear in setting of trauma or repetitive overhead activities.
- Treatment options include aspiration of the cyst but carries risk of re-accumulation and gold standard treatment is surgical repair with or without excision of cyst.

