

## AN UNUSUAL CAUSE OF RECURRENT SHOULDER DISLOCATION

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**Introduction:** There is a high risk of recurrence among young patients after a primary traumatic anterior shoulder dislocation. Risk factors for recurrent dislocation include young age, history of previous dislocation, high demand contact sports activities, underlying ligamentous laxity etc. Sprengel's deformity is a common congenital shoulder anomaly in children, whereby there is a high-riding scapula with altered position and anatomy that results in reduced range of motion. Patients are usually diagnosed at birth or a very young age, presenting with shoulder deformity with limitation of movement, or with associated conditions such as Klippel-Feil syndrome.

**Discussion:** This is a case of a young, active adult male presenting with recurrent right shoulder dislocation, who was finally diagnosed to have underlying bilateral Sprengel's deformity based on radiological findings with Grade II severity on Rigault's classification, and Grade 1 Cavendish on left side and Grade 2 on right. He had experience three episodes of dislocation while engaging in sports activity that entailed abduction and forward flexion of the shoulders. Refusing any surgical intervention, the patient was treated conservatively with favourable outcomes. With physiotherapy focused on periscapular strengthening, as well as modification of activities to avoid those that require excessive shoulder abduction and forward flexion, shoulder pain totally resolved and patient is able to carry out activities of daily living with no further episodes of dislocations.

**Conclusion:** Presentation of Sprengel's deformity in previously undiagnosed adult is uncommon, and there hasn't been any reported case presenting as shoulder dislocation. This patient had been treated at various centers for his episodes of shoulder dislocation, yet a diagnosis of Sprengel's deformity was never made. It is prudent to consider shoulder girdle deformities as a possible underlying cause when dealing with cases of recurrent shoulder dislocation, particularly in patients involved in sport activities that require full shoulder range of motion.