

A RARE LUXATIO ERECTA HUMERI INJURY IN AN ELDERLY : A CASE REPORT

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Introduction: The glenohumeral joint is the most frequent large joint to be dislocated. Inferior dislocation of the shoulder (Luxatio erecta humeri) is an extremely rare condition and represents only 0.5% of shoulder dislocations . We presented a case of luxatio erecta in an elderly; describing the nature of injury, treatment methods and outcome of injury.

Discussion: A 63 years-old gentleman, right hand dominant presented to Emergency Department with his right upper limb abducted at shoulder, elbow in flexion and hand resting on his head after he fell from a staircase in which his shoulder was in forceful abduction while holding to the stairs railing. Physical examination shows his shoulder in 130° abduction with right humeral head was palpable in the axilla. Clinical examination revealed no neurological or vascular injuries. Radiological examination shows inferior dislocation of the humeral head in relation to the glenoid fossa. Close reduction achieved with 2-step reduction technique under sedation 3 hours into injury and he was put on an arm sling for 3 weeks. Subsequent roentgenographic revealed anatomic reduction achieved. At 3 weeks follow up, patient claimed pain reduced markedly and gained full range of motions of his right shoulder with no signs of rotator cuff injury. Shoulder stability tested and remains intact. Range of motions exercised resumed after 3 weeks with focus on periscapular and rotator cuff strengthening. Patient remains asymptomatic 2 months post injury. Disability of Arm, Shoulder and Hand (DASH) score shows overall improvement for general function and symptoms with score of 77.5 at 3 weeks to 10.8 at 2 months.

Conclusion: It is critical to identify the triad features of luxatio erecta i.e.: hyperabduction injury, pathognomonic clinical presentation and plain radiographic features. Early & proper reduction technique should be done to prevent further complication as the long-term prognosis in isolated luxatio erecta is usually excellent.