Index

A
Acromioclavicular (AC) joint, 33–34, 36, 37, 39, 40
Acute rupture, proximal biceps tendon
clinical presentation, 1–2
diagnosis/assessment
bicipital groove, 4
Ludington’s test, 2, 3
Popeye sign, 2, 3
Speed’s test, 3
management
conservative approach, 4–5
surgical intervention, 5
patient outcomes, 6
Adhesive capsulitis, 32–33
American Shoulder and Elbow Surgeons (ASES), 153, 154
Anterior shoulder pain
overhead throwing athlete
clinical presentation, 43–44
diagnosis/assessment, 45–47
management, 47–50
patient outcomes, 50–55
rotator cuff repair
acromioclavicular joint, 33–34
adhesive capsulitis, 32–33
cervical radiculopathy, 35
clinical presentation, 29–32, 35–37
CT, 34
differential diagnosis, 32
glenohumeral arthritis, 33, 34
impingement test, 34
management, 37–39
MRA, 33
MRI, 33–35
patient outcomes, 39–40
physical examination, 32–35
plain radiographs, 34
provocative testing, 35
recurrent subacromial impingement, 34–35
rotator cuff arthropathy, 34
stiffness, 32
subcoracoid impingement, 34
windmill softball pitcher, 59–60
clinical presentation, 60–61
Maffet type VI SLAP lesion, 62, 63
management, 63–64
Anterior shoulder pain (cont.)
MRI, 62
patient outcomes, 64–65
physical examination, 61
plain radiographs, 62

B
Bankart lesions, 149
Bear-hug test, 82, 85
Buford complex, type II SLAP tear, 181–183
clinical presentation, 174
management, 180
MRA, 178
MRI, 178, 179
patient history, 175–176
patient outcomes, 180
physical examination,
176–178

C
Chronic rupture, proximal biceps tendon, 21–26
clinical presentation, 9–10
diagnosis/assessment
MRI, 11
physical examination, 10–11
radiographs, 11
management
acromioplasty, 14
arthroscopic subscapularis repair, PDS suture, 14, 15
degenerative SLAP tear, debridement of, 14
intra-articular biceps stump, 14
open subpectoral tenodesis, 14–16
postoperative diagnoses, 12–13
postoperative rehabilitation, 16

D
Distal tenodesis, 97, 164. See also Proximal tenodesis, revised to distal

F
Failed arthroscopic SLAP repair
clinical presentation, 187–189
diagnosis/assessment
MR arthrogram, 192
MRI, 192
O’Brien’s test, 190, 191
O’Driscoll test, 190
physical examination, 190
plain radiographs, 192
Speed’s test, 191, 192
management
cord-like middle glenohumeral ligament, 194, 195
labral anchor complex, sutures, 194, 195
nonsurgical management, 193
polyetheretherketone interference screw, 195, 196
revision acromioplasty, 194, 195
stiffness, 194
subpectoral incision, 194, 196
surgical management, 193
tenosynovitis, biceps incompetence, 194, 195
UltraSling®, 196
patient outcomes, 197–198

G
Glenohumeral arthritis, 33, 34
Glenohumeral internal rotational deficit (GIRD), 218

H
Hawkin’s test, 44
Hornblower’s sign, 34

L
Lift-off test, 46, 85
Long head of the biceps (LHB)
ae rupture
clinical presentation, 1–2
diagnosis/assessment, 2–4
management, 4–5
patient outcomes, 6
chronic rupture, Popeye deformity, 21–26
clinical presentation, 9–10
management, 11–16
MRI, 11
patient outcomes, 16–21
physical examination, 10–11
radiographs, 11
concomitant full-thickness rotator cuff tear
(see Type II SLAP tear)
subluxation, partial subscapularis tear
clinical presentation, 81–82
diagnosis/assessment, 82–87
management, 87–96
patient outcomes, 96–97
synovial chondromatosis
assessment/diagnosis, 71, 73–75
clinical presentation, 69–72
management, 75–79
patient outcomes, 79
Loop-n-tack method, 164, 165
Ludington’s test, 2, 3

M
Maffet type VI SLAP lesion, 62, 63
Middle glenohumeral ligament (MGHL), 182, 183, 194, 195

N
Napoleon sign, 85
Neer’s test, 29, 36, 39, 119, 214

O
O’Brien’s test, 47, 61, 116, 120, 190, 191, 214, 215
O’Driscoll test, 190
Overhead throwing athlete, anterior shoulder pain
clinical presentation, 43–44
diagnosis/assessment
active and passive range of motion, 45
lift-off test/belly-press test, 46
MRI, 47
physical examination, 45
recurrent instability, 45
subacromial and internal impingement, 45, 46
management, 47–50
patient outcomes, 50–55
Partial thickness rotator cuff tears (PTRTC), 140
Peel back test, 134–135
Popeye sign, 2, 3, 5, 6, 11, 22
Proximal tenodesis, revised to distal
clinical presentation, 105–108
diagnosis/assessment
failed proximal biceps tenodesis, 108
MRI, 108
physical examination, 108
management
distal extraction, 109, 111
inflamed bursal and scar tissue, bicipital groove, 109, 110
mini-open subpectoral approach, 109
nonabsorbable suture, 110
revision surgery, 108
patient outcomes, 111–112

Revise tenodesis. See Proximal tenodesis, revised to distal
Rotator cuff repair
anterior shoulder pain
clinical presentation, 29–32, 35–37
diagnosis/assessment, 32–35
management, 37–39
patient outcomes, 39–40
type II SLAP tear (see Type II SLAP tear)
Rotator cuff tear
type I SLAP tear
clinical presentation, 115–118
imaging, 120
management, 121–125
patient history, 118
patient outcomes, 125–126
physical examination, 118–120
type II SLAP tear (see Type II SLAP tear)

Shoulder pain, anterior. See Anterior shoulder pain
Speed’s test, 3, 29, 33, 36, 46, 70, 73, 191, 192
Spurling’s exam, 35
Subacromial decompression, 31, 34, 35, 38–40
Subjective proximal biceps score (SPBS), 17, 25
Subpectoral tenodesis, 14–16, 112, 151, 164
Subscapularis tear
clinical presentation, 81–82
diagnosis/assessment
anatomy, 82–83
MRA, 87
MRI, 86–87
patho-anatomy, 84
patient history, 84
physical examination, 85–86
plain radiographs, 86
ultrasound, 86
management
anterior extra-articular structures, 91
arthroscopic repair, 90
comma tissue, 89, 90
extra-articular biceps tendon, glenohumeral joint, 88, 90
fraying and subtle medial subluxation, 92
nonoperative treatment, 87
subscapularis tendon, debridement of, 92–93
subscapularis tendon, visualization of, 88, 89
surgical treatment, 96
suture anchor sutures, 93–95
tenotomy, 96
patient outcomes, 96–97
Superior labrum anterior posterior (SLAP) tear, 138
and anterior labrum
final fixation, knotless technology, 54
intraoperative fixation, 52
classification, 132
failed arthroscopic SLAP repair
clinical presentation, 187–189
diagnosis/assessment, 190–193
management, 193–197
patient outcomes, 197–198
management, 47–50
type I SLAP and rotator cuff tear
clinical presentation, 115–118
imaging, 120
management, 121–125
patient history, 118
patient outcomes, 125–126
physical examination, 118–120
type II SLAP tear (see Type II SLAP tear)
type III SLAP lesion
clinical presentation, 203–205
diagnosis/assessment, 205–206
management, 207–208
patient outcomes, 208–209
type IV SLAP tear, minor league centerfielder
clinical presentation, 213
diagnosis/assessment, 214
management, 215–220
patient outcomes, 220–221
Synovial chondromatosis
arthroscopic surgical approach
advantages, 76
benefits, 75–76
disadvantages, 76
multiple loose bodies, identification and removal of, 76–78
assessment/diagnosis, 71
active and passive range of motion, 73
conventional radiography, 74
CT, 74
Milgram stage, 74
MR arthrography, 75
MRI, 74
physical examination, 73
radiographic imaging, 74
Speed’s test, 73
Yergason’s test, 73
clinical presentation, 69–72
deltopectoral incision, 76, 79

T
Tendinopathy, 21, 116, 117, 121, 123
Tenotomy, 37–38, 40, 92, 96, 125, 163
Type I SLAP tear and rotator cuff tear
clinical presentation, 115–118
diagnosis
imaging, 120
patient history, 118
physical examination, 118–120
management
glenohumeral joint, arthroscopic assessment of, 121–123
knotless double-row rotator cuff repair, 121, 124–125
tenotomy, 125
patient outcomes, 125–126
Type II SLAP tear
  baseball pitcher, SLAP repair, 132, 133
  active compression test, 132, 133
  anatomic variants, 134
  clinical presentation, 129–131
  management, 135–137
  mechanical symptoms, 132
  MR arthrogram, 133
  MRI, 133
  patient outcomes, 137
  peel back test, 134–135
  physical examination, 132

Buford complex, SLAP repair
  clinical presentation, 174
  management, 180
  MRA, 178
  MRI, 178, 179
  patient history, 175–176
  patient outcomes, 180
  physical examination, 176–178

concomitant full-thickness rotator cuff tear
  biceps tenotomy, 163
  clinical presentation, 159–161
  diagnosis/assessment, 161–162
  double-row rotator cuff repair, 166, 167
  loop-n-tack method, 164, 165
  nonoperative treatment, 163
  proximal tenodesis, 164
  randomized controlled trial, 167–168

SLAP repair, 163
  superior labrum, debridement of, 164, 166
  superior labrum, fraying and detachment of, 164, 165
  tenodesis, 163

recreational athlete, biceps tenodesis
  clinical presentation, 145–148
  diagnosis/assessment, 147, 149
  management, 149–152
  patient outcomes, 152–154

Type III SLAP tear
  clinical presentation, 203–205
  diagnosis/assessment, 205–206
  management
    physical therapy, 207, 208
    postoperative rehabilitation, 208
    rehabilitation program, 207
    surgical intervention, 207
  patient outcomes, 208–209

Type IV SLAP tear
  clinical presentation, 213
  diagnosis/assessment, 214
  management
    loop-n-tack technique, 216
    nonoperative management, 215
    surgical management, 216–220
  patient outcomes, 220–221
U
UltraSling®, 196
University of California Los Angeles (UCLA) score, 153, 168

V
Visual analog scale (VAS), 139, 154

W
Windmill softball pitcher, anterior shoulder pain, 59–60

Y
Yergason’s test, 29, 33, 36, 46, 70, 73, 116

Index