

Sample report for Ask Experts

Hello Doctor,

My mother had a fall a few days ago and complained of slight pain in right shoulder and restriction of movements with inability to lift her shoulder. She immediately underwent x-ray and CT scanning as advised by the doctor in community hospital. I have attached the x-rays and CT scan reports. She was diagnosed with an old neglected shoulder dislocation. There was no pain but restriction of movements. The doctor on duty tried to do manual correction but that was not successful. The doctor advised her for closed reduction, under general anesthesia, due to risk of avascular necrosis which could create serious consequences in future if left unattended. However, it might lead to some restrictions in movements. Open reduction was the last option suggested but we don't want to go ahead with it as it has own complications due to old age.

Kindly suggest if you would advise to go for a closed reduction at all and what would be the best line of action considering her age. She is 72 years old and her weight is 55 kg.

Regards,

Response of expert

Hello...

Thank you for sharing detailed information.

Based on the x-ray and CT scan finding, symptoms and your mother's age, I would suggest you to avoid closed reduction as there is an associated risk of humerus(XX) fracture. This is very likely in this case due to old age.

Since she is not having much pain, I would advise you to give her simple anti-inflammatory drug twice daily for 15 days with rest to the affected shoulder. You can use sling also. Once the inflammation subsides, she should be able to regain original movements, may be with mild restriction. Closed reduction under experienced supervision can be tried but It should only performed if movements are severely restricted.

I would strongly recommend not going ahead with open reduction at this stage as it might lead to severe restriction of movements' and complications associated with the surgery itself.

Hope this will answer your question. Please feel free to contact us if you would like to discuss or have additional questions. I shall be happy to answer them.