

Arthroscopy in the Resistant Frozen Shoulder

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Frozen shoulder

" headache in the shoulder joint"

primary : - idiopathic

secondary : - intrinsic, extrinsic and systemic

- . Codman EA,1934 a condition difficult to define, to treat and explain from the point of pathology
- . Neviasser JS, 1945 adhesive capsulitis
obliterated by dense adhesion btw. the humerus and glenoid

Pathology of FS

intra-articular : capsule

glenohumeral lig.

complex

subcapsular motion interface

extra-articular: coracohumeral ligament

humeroscapular motion interface

associated pathology : impingement lesion

secondary subacromial space inflammation

calcific tendinitis

ACJ arthritis

associated disease : D.M

thyroid disorder

Tb.

congenital heart failure

cerebral infarction

hypertension

- contraindication : . severe osteopenia
. reflex sympathetic dystrophy
. previous surgery
. previous fracture or fracture dislocation

Arthroscopic technique in FS

interscalene block anesthesia

beach chair position

portals ; anterior and posterior portal for the shoulder joint

lateral portal for the subacromial space

surgical technique

- . distension
- . through the anterior portal
shaving the inflamed synovium, rotator interval, SGHL
and biceps

release thickened MGHL

reopening obliterated subscapular and inferior recess

through the lateral portal

debridement subacromial space

release CAL

acromioplasty

Manipulation after arthroscopy and postoperative care

- . elevation in the scapular plane
- . external rotation at varying degrees of abduction
- . internal rotation
- . physical therapy on the day of arthroscopy

MATERIALS : Jan. 1992 -- Dec, 1994

average F/up : 18months

27pt.(M:F =11:16)

peak ages :50

non-dominant: 17 dominant: 10

average preoperative ROM: forward flexion -110

ERs -25

IRp -L5

preoperative pain : mild -20%, moderate ' 55%,
severe -25%

preoperative ADL : a. wash back 55%

b. manage toileting 40%

c. comb hair 50%

d. put the coat 60%

X-ray finding (27 pt)

osteoporosis 22%
osteophyte 15%
sclerosis of the greater tuberosity 19%
decreased AH interval 7%

Ultrasonography (20 Pt)

subacromial bursitis 50%
effusion in biceps tendon
limitation of sliding movement during lateral elevation
of the arm 40% arthroscopic finding

shoulder : synovitis at anterosuperior capsule 100%
synovitis of the biceps tendon 38%
obliteration of the subscapular fossa 69%
subacromial space : thickened subacromial bursa 33%
abrasion and fraying 33%

postoperative result

pain relief :93% complete 74%

Intermittent 19%

Persistent pain 7%

Rom ; forward flexion 175'

ERs 70'

IRp T10'

ADL ; Improvement for manage toileting is most difficult
shoulder rating score ; preop - 45, postop -82

SUMMARY

- . arthroscopic release in treatment of refractory FS
increased ROM
pain relief
- . further evaluation with long terms follow up and more critical
scientific study to clarify knowledge about the refractory
frozen shoulder would be requested