

Effective Arthroscopic Treatment of Huge and Anteriorly Extended Spinoglenoid Cysts

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Spinoglenoid cyst of the shoulder is a rare clinical entity and several treatment modalities have been reported. Recently, arthroscopy is effectively used via communication hole or posterior capsulotomy through the glenohumeral joint. With this method, the complete cystectomy is impossible if the cyst is a large size or extended anteriorly and there are few reports about such cases. We present extra-articular complete cystectomy through bursal space in 3 cases of huge and anteriorly extended spinoglenoid cysts. All patients were able to return to work with no restrictions and 2 patients who performed the follow up MRI demonstrated complete resolution of the cyst and some recovery of the mass of infraspinatus muscle.

Key Words: Shoulder, Spinoglenoid cyst, Arthroscopy, Extra-articular approach