Reverse Total Shoulder Arthroplasty: Treatment of Chronic Anterior Glenohumeral Dislocation

Erel Ben Ari, Babatunde Bankole Fariyike, Dylan T Lowe, Joseph D Zuckerman[1]
[1]NYU Langone Medical Center

Background:
Chronic glenohumeral dislocation is a rare and complex injury often associated with significant glenoid and humeral bone loss and soft tissue damage, including the rotator cuff. These injuries present serious challenges with a high risk of complications. Surgical treatment options vary based on the patient's age, activity level, and extent of bone loss. In cases of severe bone deficiency, shoulder arthroplasty, particularly reverse total shoulder arthroplasty (RTSA), is often preferred. To date, the literature on RTSA for chronic dislocation and its outcomes remains limited.

Purpose:
This video overview and case presentation demonstrate a complex case of traumatic chronic anterior glenohumeral dislocation in a middle aged active patient treated with RTSA aiming to improve understanding of this injury, review treatment options, potential complications, and the expected postoperative outcomes.

Methods:
The anatomy, examination, diagnosis, and treatment options for chronic glenohumeral dislocation are reviewed. A case of a 58-year-old male with symptomatic chronic anterior glenohumeral dislocation is presented. This injury, sustained after a motor vehicle accident 10 years prior, caused significant pain and hindered daily activities. Following unsuccessful non-operative treatment and a thorough discussion of risks, benefits, and prognosis, the patient chose to proceed with RTSA for pain relief and functional improvement.

Results:
Postoperatively, the patient reported significant pain relief and substantial improvement in shoulder range of motion and daily function compared to his preoperative status.

Conclusion:
RTSA is a viable surgical option for patients with chronic anterior shoulder dislocation and significant glenoid and humeral bone loss who have failed non-operative treatment. This procedure can provide substantial improvement in pain and shoulder function. Appropriate patient selection and adherence to post-operative rehabilitation are crucial for achieving optimal outcomes.