

Arthroscopic Suprascapular Nerve Decompression

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Background:

Entrapment of the suprascapular nerve is increasingly recognized as a source of shoulder pain and weakness. The transverse scapular ligament (TSL) can cause compression of the suprascapular nerve at the suprascapular notch. This compression results in pain, weakness and atrophy of both the supraspinatus and infraspinatus. Surgical decompression of the suprascapular nerve can be performed arthroscopically by releasing the transverse scapular ligament.

Purpose:

This video and case presentation demonstrates the surgical technique for arthroscopic decompression of the suprascapular nerve.

Methods:

Evaluation, diagnosis, and treatment of suprascapular nerve compression is discussed. This is a case of a 51-year-old male who presented with signs and symptoms of suprascapular nerve compression who underwent arthroscopic suprascapular nerve decompression.

Results:

The patient progressed through a standardized rehabilitation protocol. At 2 weeks, the patient already felt that his strength was improving. At 3 months, the patient had no pain and 5/5 strength with both abduction and ER.

Conclusion:

Suprascapular neuropathy is uncommon but an increasingly recognized source of shoulder pain and weakness. Arthroscopic suprascapular nerve decompression is an effective technique that releases the TSL and is effective at alleviating the symptoms of suprascapular nerve compression. Previous series have demonstrated promising clinical outcomes.