Shoulder Dislocation

Where the humeral head goes, how to recognize it and which injuries come with it

ANT

Anterior

the most common (95-97%) · arm in abduction and external rotation · squared-off ("epaulette") shoulder

POS

Posterior

seizures and electric shock · arm held in internal rotation, cannot rotate outward · up to half are missed on the AP view

INF

Inferior (luxatio erecta)

rare · arm locked in abduction, raised overhead

LES

Associated injuries

Hill-Sachs (humeral head) and Bankart (anteroinferior labrum) in anterior · reverse Hill-Sachs in posterior

Always examine
Axillary nerve, before and after reduction

Posterior, "normal" AP
Order the axillary view

Unexplained, at night
Think of a seizure

The axillary view is the most reliable to see a posterior dislocation · reverse Hill-Sachs = McLaughlin lesion