

INTRODUCTION

1. Largely because it is a very mobile joint, the shoulder tends to be an unstable joint. Recurrent dislocations of the shoulder may be broadly classified as either anterior or posterior in type.

CLINICAL MANIFESTATIONS

2. Pain and difficulty (if not impossibility) of movement are the presenting features.

AETIOLOGY

3. **Recurrent anterior dislocation of the shoulder** is usually the result of initial traumatic anterior dislocation of the shoulder which has caused damage to the joint capsule. This leads to a defective articular surface and hence to a tendency to repeated dislocation of the joint. Such repeated dislocations may occur as a result of minimal stress upon the joint - e.g. putting on one's coat.
4. **Recurrent posterior dislocation of the shoulder** is also usually the result of an initial traumatic dislocation. The condition is much rarer than recurrent anterior dislocation and the initiating traumatic event is usually much more severe than that which leads to recurrent anterior dislocation.
5. **Recurrent dislocations of the shoulder** whether anterior or posterior in type may be the result of abnormally lax ligaments.

CONCLUSION

6. **Recurrent dislocation of the shoulder** is a condition which usually follows upon a traumatic dislocation although it may occur spontaneously, without excessive trauma, as a result of lax ligaments.

REFERENCES

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