



Dr. Dhruvil M. Patel (M.S.Ortho)

SPORTS MEDICINE – ARTHROSCOPY,
JOINT REPLACEMENT SURGEON

FELLOW :

SPORTS MEDICINE (SARASOTA, U.S.A.)

SHOULDER JOINT (U.S.A. & PUNE –DMH)

HIP JOINT (KHU., SEOUL, S. KOREA)

KNEE JOINT (MUNICH, GERMANY)

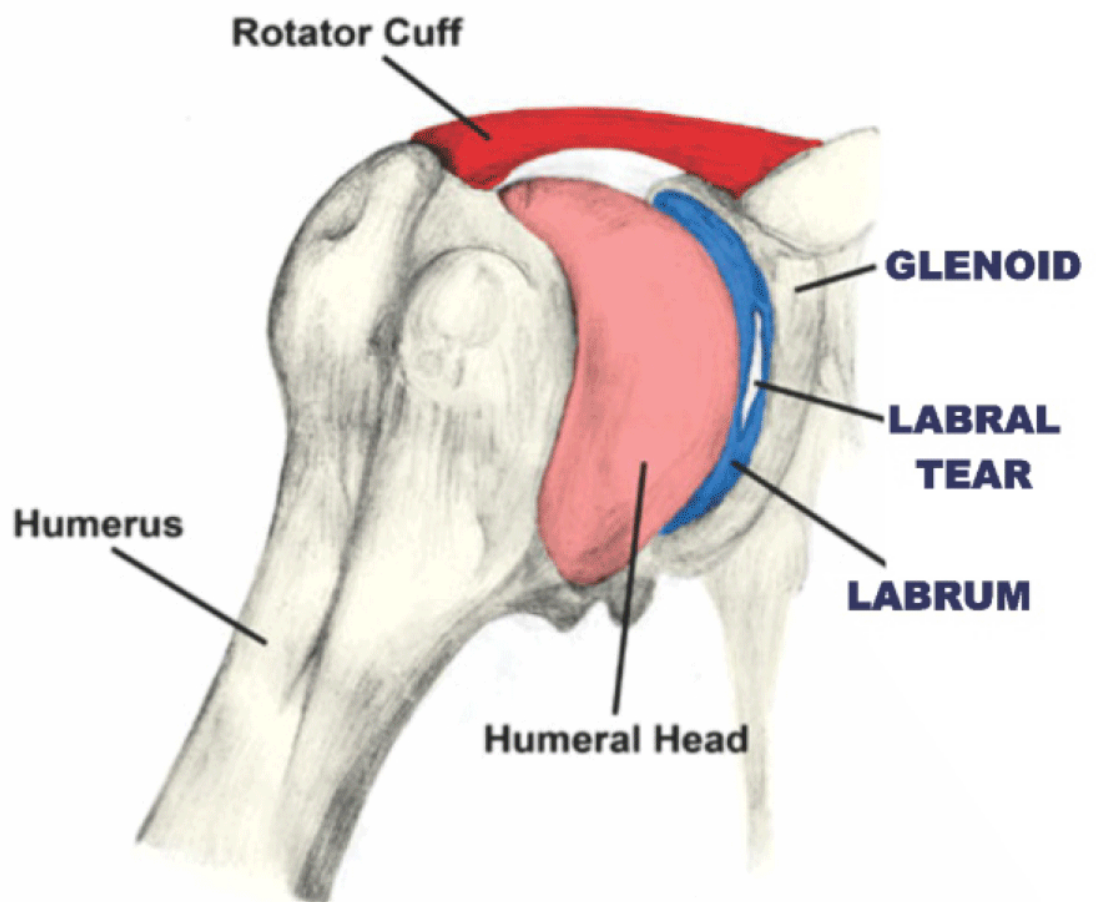
FOOT & ANKLE JOINT (LONDON, U.K.)



SHOULDER INSTABILITY

Shoulder Instability

- Shoulder is the most unstable joint in our body
- Shoulder instability occurs when head of humerus bone is forced out of the shoulder joint



Types

- **Acute:**
 - Partial – sub luxation
 - Complete – dislocation
- **Chronic:**
 - Repeated dislocations due to lax tissue and capsule
- **Multidirectional instability**

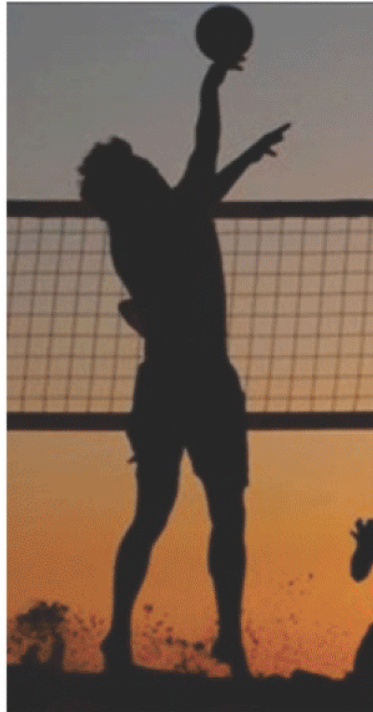
SHOULDER INSTABILITY

Cause:

- Trauma, road traffic accident, sports injury, etc.
- Repetitive strain in sports
- Multidirectional instability

Symptoms:

- Severe pain
- Painful range of movement
- Repeated dislocations
- Fear of joint going out of socket



Imaging:

- X ray – AP & axillary views
- MRI – damage to the labrum & bone loss
- CT scan – bone loss in repeated dislocations

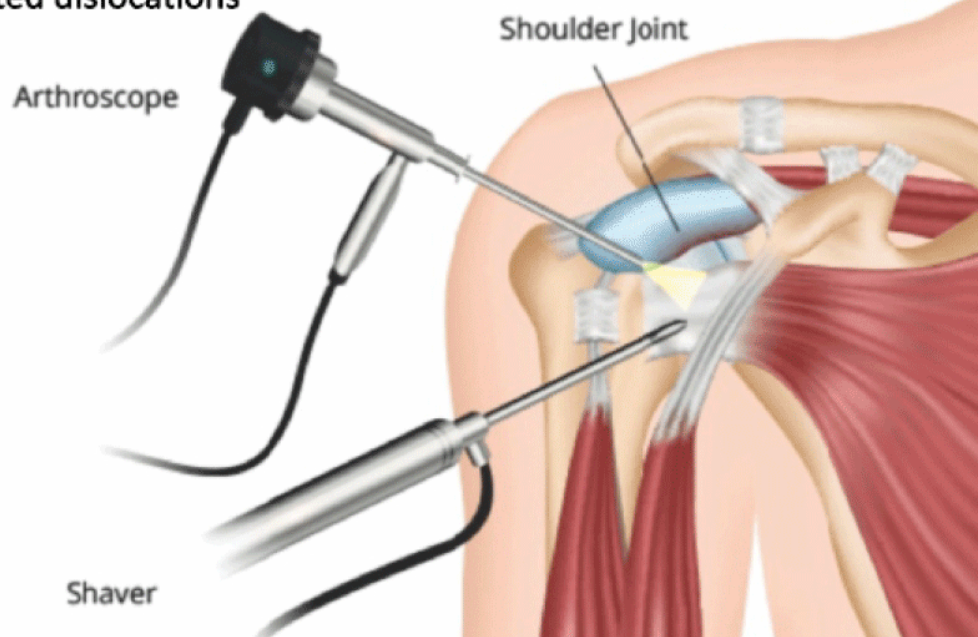
Treatment:

• Non-surgical treatment:

- Activity modification
- NSAIDs
- Physical therapy

• Surgical treatment:

- Arthroscopic labrum repair
- Open labrum repair
- Open bone block procedure



NAVRANG HOSPITAL

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FOR APPOINTMENT 98796 17609

FOR EMERGENCY 96876 17608

Mediclaime Cashless facilities available.

C.B.D.T. approved Hospital {Income Tax-1961-17(2)(B)}

For Mediclaime Filing :

Tuesday to Friday (1.00 p.m. to 5.00 p.m.)

EMERGENCY SERVICES 24 HOURS

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OPD Timing :

Morning: 11-00 to 2-00, Evening: 5-00 to 7-00,
Saturday Evening & Sunday O.P.D Closed.