



MDI Podcast Notes w/ Dr. Jildeh

MDI History/Definition:

- 1980- Neer + Foster coined term MDI
 - Anterior + posterior shoulder instability assoc w/ involuntary subluxation or dislocation
 - + rotator interval laxity
- MDI- pathologic shoulder instability in 2,3+ directions
- Causes:
 - Shallow glenoid cavity
 - Increased capsular redundancy (may be genetic)
 - Marfan, Ehlers Danlos, Osteogenesis Imperfecta

Anatomy:

- Static stabilizers
 - Labrum, IGHL complex (anterior + posterior bands), MGHL, SGHL, CHL
- Dynamic stabilizer
 - Rotator cuff

Pathophysiology

- Pain due to RTC tendonitis secondary to scapular dyskinesis
- Cuff weakness > inc shoulder subluxation > pain + protraction (cycle)

History

- Shoulder pain, decreased athletic performance
- History of traumatic events
- Voluntary dislocation v none
- Collagen disorders, psychiatric conditions

Physical Exam

- Observation: Scapular position
 - Dyskinesis
- Palpation: RTC tenderness, pec minor tenderness
- Laxity test:
 - Sulcus sign (superior instability)
 - Hyperabduction (inferior instability), Gagey & Gagey
 - Apprehension
 - Anterior/ Posterior load and shift
- Beighton examination
 - Knee, elbow, thumb, MCP hyperextension, hands on floor

Classification

- Laxity V Instability
 - Laxity- shoulder looseness
 - Instability- abnormal symptomatic glenohumeral movement
- AMBRI
 - Atraumatic multidirectional , bilateral, rehab, inferior capsular shift

- TUBS

Treatment

- Non- op: rehab- scapular positioning
- Operative treatment Indications:
 - Failed non- op treatment

Operative Treatment options

- Open capsular shift
- Arthroscopic shift/ plication
 - Suture plication with superior shift
- Rotator interval closure
- Capsular augmentation- grafts

Operative findings:

- Widened rotator interval
- Loose capsule

Post- op rehab

Sources:

- MDI/Hyperlaxity Current Concepts: Felix H. Savoie III, Grand Rounds Powerpoint presentation
- Cole W, Weldy J, Gontee E, Mulcahey M: Physical Examination and Classification of Shoulder Instability: A Case based Guide