

Mid-interval Plica of the Shoulder Joint Case reports

Ahmed Abdelaziz MD, Basim Fleega MD

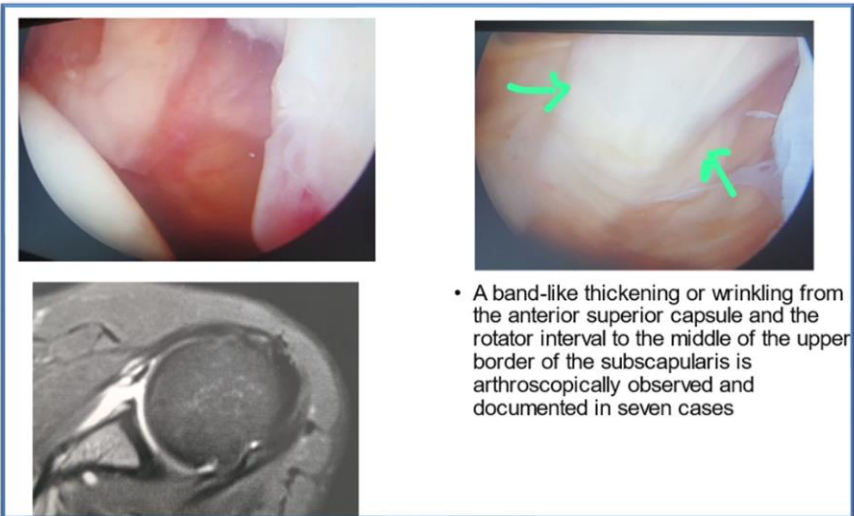
Shoulder Service, Global Orthopaedic Clinic Giza , Cairo Egypt/ Shoulder Department Al-Salaam International Hospital Maadi Cairo Egypt

Aim

Plica in the knee are remnants of septum of the fetal period and may produce pain, swelling, crepitus, and locking. Arthroscopic excision of the plica may improve symptoms in selected patients. We encountered patients with mid-interval plica of the shoulder, as in the knee.

Methods

The second Author observed the Mid-interval plica in seven cases, five instability, one partial supraspinatus tear and one frozen shoulder. Six of the cases had rotation pain besides the pathology which was the indication for the arthroscopic surgery
A band-like thickening or wrinkling from the anterior superior capsule and the rotator interval to the middle of the upper border of the subscapularis is arthroscopically observed and documented in seven cases. One case was in a combination with sublabral foramen. Redness and signs of inflammation were present in four cases, three of them with partial synovitis. Inflammatory foci abutted each other, especially in abduction and external rotation of the shoulder. We named this lesion Mid-interval plica of the shoulder. In all the cases the plica was resected with the arthroscopic treatment of the primary pathology.



COMPLETE RESECTION OF THE PLICA USING MOTORIZED SHAVER





Results

The average age of the patients was 30 years. The average follow up was 15 months (6-28 months). The postoperative examination showed that the rotation pain which was present in some of the cases before surgery, disappeared. If there was a relation between instability and the plica, it investigated.

SEVEN CASES WITH MID-INTERVAL PLICA OF THE SHOULDER

- SEVEN CASES: five instability, one partial supraspinatus tear and one frozen shoulder
- COMPLAINT: Rotation Pain
- AGE: average 30 years
- FOLLOW UP: average 15 Months
- TREATMENT: arthroscopic resection
- RESULT: loss of pain and normal shoulder function

Conclusions

This study is the first to describe the presence of mid-interval shoulder plica in living subjects and correlates with previous anatomic studies. The younger age predominance correlates with the findings of plica in the knee. Our findings suggest that mid-interval plica may be a cause of intra-articular rotation pain in young hyper lax shoulder patients.