

# Asymmetrical Fracture Dislocation of Shoulder – A Case Report and Review of Literature

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## What to Learn from this Article?

*Extremely Rare Presentation of Bilateral but asymmetrical shoulder dislocation.*

### Abstract

**Introduction:** A bilateral shoulder dislocation is an extremely rare injury with only a few reported cases in English literature, and most of these cases have occurred following a seizure episode or an electric shock. We present the first ever reported case of simultaneous bilateral anterior and posterior fracture dislocation of shoulders and its unique mechanism of injury in a 48 year old diabetic male.

**Case Report:** A 48 year old male presented to our emergency department with pain and restriction of movements involving both shoulders following a fall. The patient was standing by the side of a two wheeler when he had a sudden syncopal attack and toppled on the other side of the vehicle. On examination there was flattening of deltoid contour with a positive Dugas test in both sides. Humeral head was palpable posteriorly on the right side and anteriorly on the left side. Plain radiograph anteroposterior view of both shoulders showed posterior dislocation of right shoulder with a fracture of greater tuberosity and anterior dislocation of left shoulder with a greater tuberosity fracture. Closed reduction was achieved for both shoulders under general anaesthesia. After a couple of weeks, complete range of motion exercises was started. X-ray of bilateral shoulders, at 3 months, showed complete union of the fracture.

**Conclusion:** Bilateral shoulder dislocation is suspected only following a violent mechanism of injury, however, we would like to point out, giving an example of our case that this injury may also occur after a trivial fall. And if associated with a fracture sometimes, the characteristic attitude of the limb may not be seen leading to a missed diagnosis. However a thorough clinical examination and the knowledge that such injuries may occur after a simple fall will help prevent missing these injuries.

**Keywords:** dislocation, shoulder, bilateral, asymmetrical, mode of injury

### Author's Photo Gallery



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### Introduction

Shoulder is the most commonly dislocated joint following trauma, but a bilateral dislocation of shoulder is a rare occurrence, and usually follows severe involuntary contractions of the muscles around the shoulder and thus mostly presents following a violent seizure or electric shock [1]. Usually these are posterior type but bilateral anterior dislocations have also been reported [1]. However, a bilateral asymmetrical fracture dislocation occurring without such an episode of severe muscle spasm has not yet been reported in literature. And to the best of our knowledge this is the first such case to be ever reported.

### Case Report

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