

ARTHROSCOPIC DECOMPRESSION OF SPINOGLENOID CYST WITH SUPRASCAPULAR NERVE ENTRAPMENT

Choo Chin Yin¹, Sobir Aidit¹, Sanusi Azni Ab Ghani¹

¹Hospital Raja Perempuan Zainab II

Introduction: Ganglion cyst of the shoulder is a relatively rare cause of shoulder pain. A spinoglenoid cyst (SGC) is a ganglion arising in the spinoglenoid notch and is thought to be related to labral tear especially superior labrum tear from anterior to posterior (SLAP) lesion. This cyst often compresses the suprascapular nerve (SSN) causing shoulder pain and external rotation deficit. Magnetic resonance imaging (MRI) defines the diagnosis. The treatment of symptomatic SGC has varied from observation, needle aspiration, open excision to arthroscopic decompression. We report a case of SSN compression by SGC in which the cyst was decompressed arthroscopically. Indirect arthroscopic decompression of the cyst and repair of the glenoid labrum was performed.

Discussion: Indirect arthroscopic decompression of the cyst and repair of the glenoid labrum was performed. There was complete resolve of symptoms and a postoperative MRI did not demonstrate reaccumulation of the cyst fluid. The absence of recurrent cyst formation and resolution of the symptoms attest to the success of this method.

Conclusion: In summary, SGC associated with SLAP lesion is rare and often missed. Surgical treatment should be considered if fail conservative treatment. Intra-articular arthroscopic decompression of the cyst and SLAP repair is a safe, simple and effective technique that results in complete resolution of the cyst and excellent clinical outcome. From our point of view, arthroscopy is the best method, for both diagnosis and treatment.