

LATARJET PROCEDURE FOR SHOULDER INSTABILITY IN ELDERLY

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Introduction: The Latarjet procedure is a well-known, safe and reliable technique to treat shoulder instability¹. The transfer of coracoid process and conjoint tendon to the antero-inferior surface of the glenoid increases the articulating surface area. In the elderly concerns arise of bone block complications such as iatrogenic fracture and non-union due to bone quality². We therefore explore its feasibility when performed in the elderly.

Discussion: The patient is a 72 years old Chinese lady who fell 4 months previously with her abducted arm grabbing the stair railing. She was initially treated for soft tissue injury of the shoulder as the radiographs showed no abnormalities. Her follow up revealed anterior dislocation of the right shoulder. We diagnosed her with shoulder instability and treated her with Latarjet procedure to address her shoulder dislocation and instability (Figure1). Two cannulated full threaded cancellous screws (3.75mm) were used to fix the bone block onto the antero-inferior margin of the glenoid, parallel to each other. She had an uneventful post-operative recovery with no re-dislocation at 3 & 6 months of follow up.

Conclusion: Shoulder instability in the elderly is commonly due to chronic rotator cuff tears and is identified as the main target for surgical intervention³. However, by not addressing glenoid bone defects, the shoulder is at risk to developing recurrent dislocations. The Latarjet procedure is a viable option to treat chronic shoulder instability in the elderly.