

## **RARE RECURRENT SPONTANEOUS ATRAUMATIC BILATERAL ANTERIOR SHOULDER DISLOCATION : A CASE REPORT**

Lim Kgai Ter<sup>1</sup>, Dinesh Earnest Kunasingh<sup>1</sup>, Ahmad Fazly Abd Rasid<sup>1</sup>

<sup>1</sup>Hospital Kuala Lipis

**Introduction:** Shoulder dislocation most commonly occur due to traumatic events. Atraumatic shoulder dislocation may occur due to ligamentous instability or glenoid pathology. Bilateral shoulder dislocations are rare and challenging to manage which can be found in young patients. We present a rare case of spontaneous bilateral anterior shoulder dislocation in one of our patients.

**Discussion:** Unlike unilateral shoulder dislocation, simultaneous bilateral shoulder dislocations are rare occurrences. 95 percent of all dislocations are anterior while the rest are posterior and inferior dislocations. Anterior shoulder dislocations are mostly preceded with traumatic events. Prolonged and multiple shoulder dislocation can result in weakness and tear of rotator cuff muscle, labral instability, ligamentous laxity and eventually lead to shoulder instability. The patient falls under AMBRI group of shoulder dislocation classification as he failed conservative methods of manual reduction, immobilization and rehabilitation, he may be indicated for surgery, such as inferior capsular shift.

**Conclusion:** Spontaneous atraumatic bilateral anterior shoulder dislocations are the most rare of all shoulder dislocations and recurrent dislocations can lead to joint instability. Patient who falls under AMBRI group of shoulder dislocation should be treated promptly in order to resolve normal shoulder functions.