

Shoulder Instability and Clavicle Injury Report

Patient History: - Trauma to the collarbone occurred 3 years ago. - Persistent instability and visible thickening near the medial end of the clavicle. - No significant pain, but a sense of detachment and poor control, particularly during hand rotation. - MRI revealed a torn labrum, but no imaging was performed on the clavicle.

Likely Diagnosis: 1. **Chronic Anterior Sternoclavicular (SC) Joint Instability:** Medial clavicle prominence with instability suggests an anterior SC dislocation or laxity. 2. **Glenoid Labrum Tear:** Confirmed by MRI; may contribute to shoulder instability and poor control. 3. **Clavicle Fracture Malunion:** Possible if the trauma was a fracture rather than a dislocation.

Further Diagnostic Recommendations: - CT Scan of the SC joint to evaluate bony alignment and joint integrity. - Physical exam to assess SC and shoulder joint stability. - Compare both clavicles via imaging to assess for deformities or chronic misalignment.

Treatment Considerations: - Conservative trial: PT for scapular and rotator cuff strengthening. - If persistent instability: SC joint stabilization surgery and/or arthroscopic labrum repair. - Labrum repair involves re-anchoring to glenoid; recovery includes immobilization and gradual rehab.

Specialist Recommendations

UCSF Shoulder Experts: 1. Dr. Brian T. Feeley – Chief of Sports Medicine and Shoulder Surgery, UCSF 2. Dr. C. Benjamin Ma – Chair of Orthopaedic Surgery, UCSF 3. Dr. Drew A. Lansdown – Sports Medicine Surgeon with strong labral tear experience

Top-Rated California Specialists (Prioritizing Proximity to Belmont): 1. **Dr. Lesley J. Anderson** – Anderson Knee & Shoulder Center, SF; renowned non-surgical consultant 2. **Dr. Patrick J. McGahan** – Advanced Orthopedics & Sports Medicine, SF; highly rated shoulder surgeon 3. Dr. James L. Chen – CPMC, SF 4. Dr. Robert J. Purchase – Shoulder specialist, SF 5. Dr. Mark A. Schrupf – Shoulder & Elbow, SF 6. Dr. Geoffrey Abrams – Stanford, Redwood City 7. Dr. Neal S. ElAttrache – Kerlan-Jobe, LA 8. Dr. Brian K. Lee – Cedars-Sinai, LA 9. Dr. Jason S. Ho – Kaiser, Dublin 10. Dr. Utku Kandemir – UCSF, trauma and shoulder surgeon

Top U.S. Specialists: 1. Dr. Joseph D. Z. Abboud – Rothman Institute, Philadelphia 2. Dr. James Voos – University Hospitals, Cleveland 3. Dr. Brody Flanagan – Baylor Scott & White, Dallas 4. Dr. Chad Myeroff – TRIA Orthopedic Center, MN 5. Dr. James R. Andrews – Andrews Institute, FL 6. Dr. David W. Altchek – HSS, New York 7. Dr. Anthony A. Romeo – Duly Orthopaedics, Chicago 8. Dr. Kenneth Yamaguchi – Northwestern Medicine, Chicago 9. Dr. Peter J. Millett – Steadman Clinic, Vail 10. Dr. Evan Flatow – Mount Sinai, NY

Next Steps: - Schedule consults with UCSF or SF-based surgeons first. - Consider CT imaging of SC joint. - Determine surgical candidacy for labrum and/or SC stabilization. - Track consultations and outcomes.

Follow-Up Items: - [] Contact Dr. Lesley Anderson's office for a second opinion. - [] Book initial consult with Dr. Patrick McGahan. - [] Explore CT imaging options for SC joint. - [] Review UCSF MyChart or contact for availability with Dr. Feeley or Dr. Ma. - [] Create shoulder-specific PT plan to address functional instability.