

SCAPULAR DYSKINESIS AS POTENTIAL DIAGNOSIS AND CAUSE FOR SHOULDER PAIN AND DYSFUNCTION – A CASE REPORT

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Introduction

The term Scapular Dyskinesia (SD) describes an alteration of periscapular muscle activation. Abnormal scapular position and motion are observable during shoulder flexion and abduction. The phenomenon of SD may be compensatory or contributory to shoulder pathologies and pain. Regarding some experts, the expression “scapular dyskinesia” does neither represent a musculoskeletal diagnosis nor an injury itself. Consensus about cause - consequence relationship is yet to be found (Cools et al., 2013). The aim of this report is to present and discuss the SD as potential diagnosis and cause for shoulder disorders.

Methods

A 24-year old male food deliverer had suffered for two months from right shoulder pain, after a breaking manoeuvre driving his scooter. Since the only associated disorder was altered kinematics of the right scapula, the shoulder specialist diagnosed him with SD.

Physiotherapeutic movement analysis of global glenohumeral motion classified the SD, with respect to Kibler et al. (2002), into type II pattern. Hereby, a notable prominence of the medial scapular border was observable in rest, which tilted off the thorax throughout flexion and abduction.

Results

On behalf of the reported perception disturbance, the physiotherapeutic movement analysis and the force performance results, the generated hypothesis was called; lack of muscle performance through weakness of primarily serratus anterior and secondarily trapezius ascendens.

The SD type II resolved through strength training and conscious muscle controlling of this scapulothoracic force couple. The patient reported to be pain free after 15 physiotherapy sessions and regained 100% shoulder function.

Discussion and Conclusion

This report may contribute to the ongoing discussion and foster SD as a primary mechanism and cause for shoulder pain and dysfunction. It represents one case, seen in clinical practice, where labelling SD as diagnosis seemed to be a reasonable and comprehensible decision.