

## Bilateral simultaneous anterior shoulder dislocation

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**Abstract:** Bilateral anterior shoulder dislocation is extremely rare. The majorities of simultaneous bilateral dislocations reported in the literature are posterior and typically associated with seizure activity or electrocution accidents. Till date only few cases of bilateral anterior shoulder dislocation has been reported. We report here an unusual case of bilateral anterior shoulder dislocation in 52 year male due to fall on ground while pushing a rickshaw. Careful detailed physical examination and radiological imaging are necessary to rule out any fracture and neurovascular injury.

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### I. Case report

A 52 year old male presented to the emergency department with bilateral shoulder pain immediately after injury. He lost his balance and fell forward while pushing rickshaw. On physical examination contour of both shoulders was lost with flattening. Classical signs of shoulder dislocation sulcus sign, Callway sign, and Hamilton's ruler test were positive. Both shoulders were irritable with restriction of movements in all aspects with intact neurovascular status. Plain radiograph demonstrated bilateral anterior shoulder dislocations (Figure 1). There was no associated fracture. He did not have any past history of shoulder dislocation. Closed reduction was performed in the emergency department using the Kocher's technique under sedation. Reduction of both shoulders was confirmed with imaging (Figure 2). Both shoulders were immobilized in a sling for two weeks and then progressive range of movement exercises was started. At six week follow up patient had full range of motion.

### II. Discussion

Although bilateral shoulder dislocations are commonly posterior, usually either secondary to convulsions or electric shock, anterior dislocation has to be kept in mind, especially in post-traumatic injuries<sup>1,4</sup>. In bilateral shoulder dislocation, management with sling immobilization makes day-to-day activities difficult, therefore help with these activities is highly recommended. There are also case reports of simultaneous anterior shoulder dislocations after trauma, however, majority of these cases are associated with proximal humerus fractures<sup>5,7</sup>. Cases of anterior dislocation without fracture tend to involve older patients with minor trauma<sup>8,9</sup>. Simultaneous bilateral dislocation when diagnosed and treated promptly leads to restoration of completely normal shoulder joints.

### References

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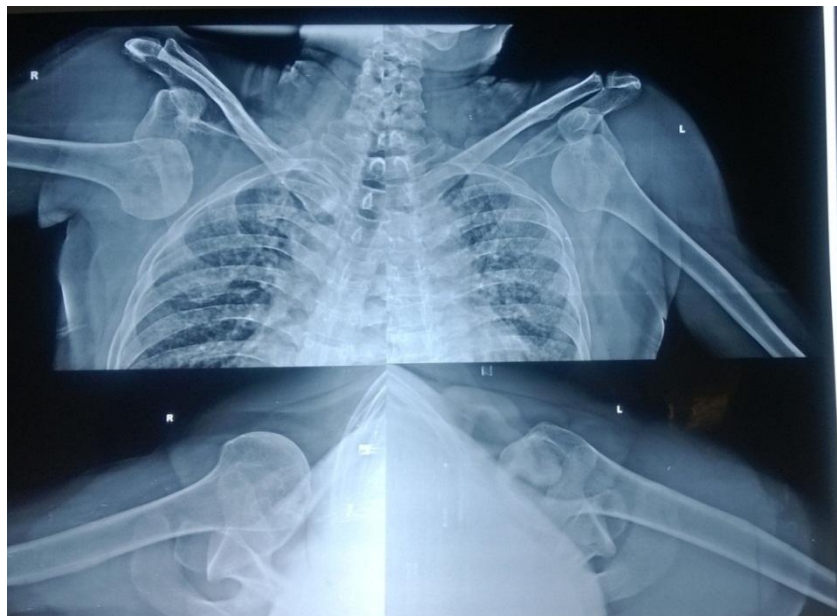


Figure 1 – X-ray showing bilateral anterior shoulder dislocation

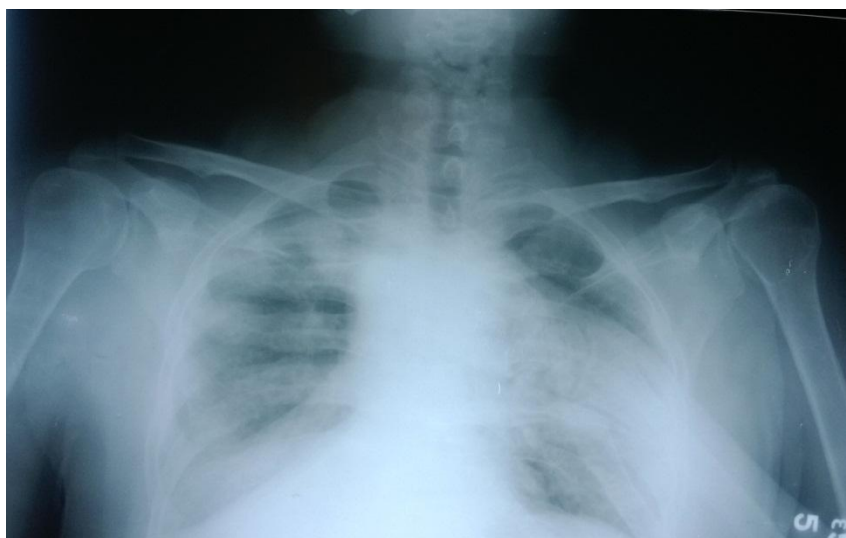


Figure 2 – X-ray bilateral shoulder AP view post reduction