

## Voluntary Glenohumeral Joint Luxation In Children: Two Cases

Melih Malkoc, Ozgur Korkmaz, Ali Seker, Ismail Oltulu, Guray Batmaz, Mahir Mahirogullari

Istanbul Medipol University School of Medicine Department of Orthopedics and Traumatology, İstanbul, Turkey

**Objectives:** Voluntary shoulder dislocation is a rare pathology and can be seen in childhood. We aimed to present, diagnosis and treatment of two girls with Voluntary Glenohumeral Joint Luxation(VGJL) with seven and nine years old, in this study.

**Methods:** Physical examination of both shoulders were performed carefully and standard Antero-posterior (AP) X-ray radiography obtained and for identify any soft tissue (like labral tears, rotator cuff tears, capsular pathologies, etc.) pathologies Magnetic Resonance Imaging (MRI) was performed. While the seven years old girl luxate her shoulder to anterior the other with nine years old was luxating her shoulder inferior, voluntarily with no pain. No other direction, the both two girls could perform the luxation. No connective tissue or genetic disorders were detected for two children. The familial history was investigated and hyperelasticity-like history obtained at the second degree relatives of both children. In treatment, physical therapy program was planned for two children.

**Results:** At the x-ray AP radiography demonstrated no clue of abnormality about bony structure. However, at the nine years old girl, the MRI images showed the labral tear localised at the inferomedial part of the labrum while seven years of girl had no pathology showed at MRI images. Both shoulders of the patients, except in the case of voluntary shoulder luxation, would normally use and all the active full range of motion of both glenohumeral joints. Pain was not a complaint; even with or without demonstrating the controlled voluntary luxation for both two girls. Physical therapy was performed and at the end of the one year of follow-up, by phone consulting with parents of two children, it was recorded that the repetition of voluntary shoulder luxation was decreased.

**Conclusion:** The VGJL is a rare but easily managed antity without surgery. Awareness of family and recommendations about the pathology is important.

---

The Orthopaedic Journal of Sports Medicine, 2(11)(suppl 3)

DOI: 10.1177/2325967114S00266

©The Author(s) 2014