

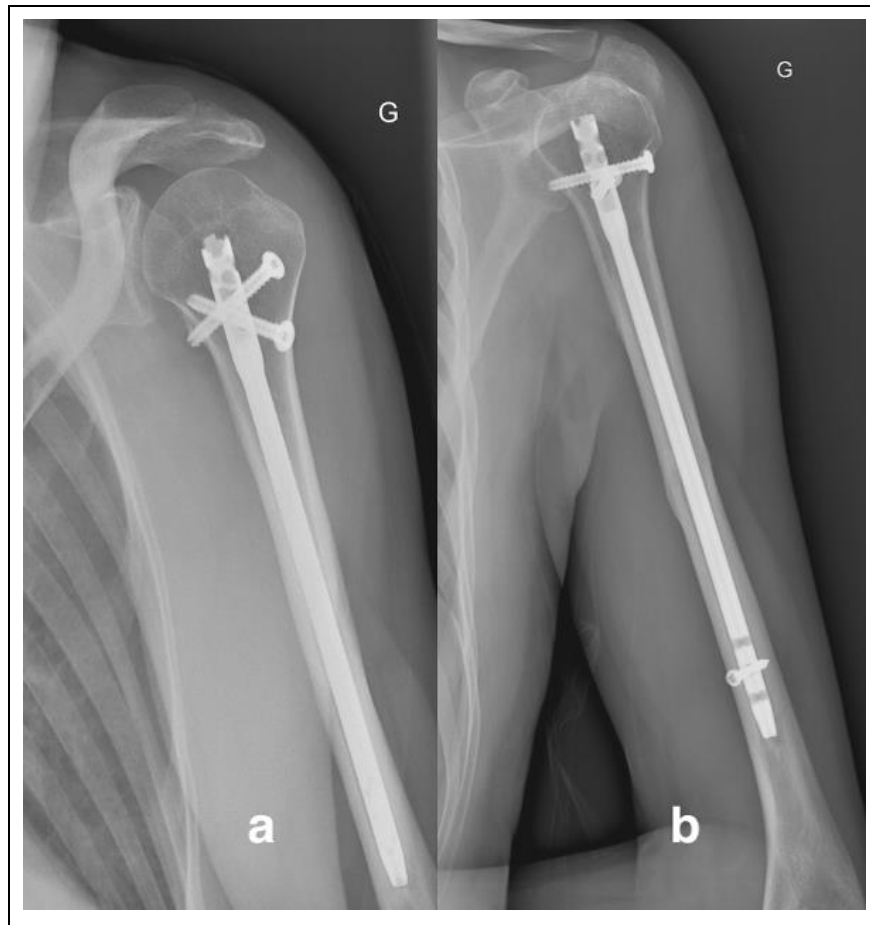
A Clinical Image of Supraspinatus Tendon Adhesions with Shoulder Stiffness

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Clinical image

A 54-years-old right-handed manual laborer underwent antegrade intramedullary nailing for a transverse midshaft fracture of the left humerus. Post-operative x-rays showed excessive nail penetration of 1,5 cm into the humerus. Postoperatively, the patient developed significant shoulder pain and stiffness about passive anterior elevation. A supraspinatus tendon adhesion at the nail insertion site has been diagnosed. Arthroscopic surgery was performed to release the adhesion, resulting in a marked improvement in shoulder mobility. At 24 months post-surgery, the patient's shoulder function was significantly restored, with a Shoulder Subjective Value (SSV) of 90% and a Constant score of 75. This case underscores the efficacy of arthroscopic intervention in treating shoulder stiffness due to supraspinatus adhesion following antegrade nailing.