Glenoid Dysplasia

What is it?

This is a rare condition where the inferior aspect of the glenoid fails to ossify or develop completely.

Symptoms:

- Pain
- Decreased range of motion mainly in abduction and forward flexion
- Multidirectional instability

How is it diagnosed?

Upon a thorough clinical exam, further imaging studies can provide definitive answers. Evaluation by x-ray, MRI, and/or CT will all provide the needed views to thoroughly evaluate the glenoid rim.

Treatment:

Physical Therapy focusing on range of motion, and strengthening exercises focused on the deltoid, rotator cuff, and periscapular muscles.