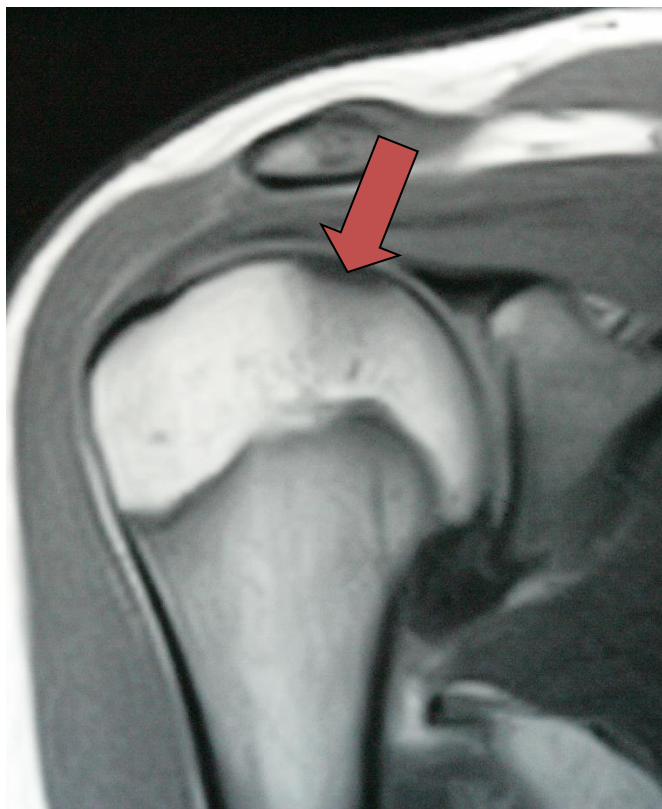


STEVEN CHUDIK MD

SHOULDER, KNEE & SPORTS MEDICINE

Osteochondritis Dissecans (OCD) of the Shoulder

Osteochondritis dissecans (OCD) of the shoulder is a rare condition in which the subchondral (beneath the cartilage) bone is injured and causes pain. Early lesions (injured areas) identified by a MRI scan can heal with rest. Over time, OCD lesions can progress with resorption or loss of bone, as well as loosening of the bone fragment and overlying cartilage. Eventually, this fragment can come loose as the unsupported overlying cartilage cracks leaving a hole in the smooth joint surface.



An MRI image of an OCD of the humeral head

Frequent Signs and Symptoms

- Pain and swelling
- Feeling of something moving in the joint
- The joint “gives way;” catching, locking
- Pain increases with activity



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Etiology (Causes)

- Repetitive motion and overuse
- Possibly a compressive, shearing, or rotational force to the shoulder

Risk Factors

- Contact or collision sports
- Activity with repetitive motion of the shoulder
- Poor flexibility and physical conditioning

Prevention

- Maintain appropriate conditioning, including shoulder and arm flexibility, muscle strength, and endurance
- Maintain proper technique when exercising or using shoulder repetitively, and have a coach/professional correct improper techniques

Outcomes

In younger patients, the chances are higher that the OCD will heal on its own as long as the patient rests and is avoiding further aggravation. Older children and young adults may need more intervention in order to restore joint health. These treatments can range from immobilizing the arm in a sling to surgery. The process to recover from OCD can be quite long; in some cases, up to 18 months to reach full healing.

Potential Complications

- Pain and inflammation of the shoulder joint may persist without treatment
- Weakness and de-conditioning of the shoulder because of pain and limitations
- Uncommon complications following surgery:
 - Persistent pain
 - Infection and bleeding
 - Instability of the shoulder joint.



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General Treatment Considerations

Further imaging (MRI, CT scan) may be needed to assess whether the fragment is stable and has potential for healing. If the OCD lesion appears to be stable, younger patient are likely to be treated conservatively with a sling or limited activities.

If the OCD is unstable or failing to heal with conservative treatment, Dr. Chudik can perform arthroscopic surgery to address the OCD lesion. The surgical method is determined by the size/instability of the bone and cartilage of the OCD. Small unstable fragments can be simply removed, and the surface of the bone is stimulated to promote a healing response. Large unstable fragments can be repaired to the bone surface using fixation and bone grafting techniques.

Possible Medications

- Prescription pain relievers are usually not prescribed for this condition except for post- surgical pain control.

Modalities (Cold Therapy)

Cold is used to relieve pain and reduce inflammation. Cold should be applied for 10 to 15 minutes every two to three hours for inflammation and pain and immediately after any activity that aggravates your symptoms. Use ice packs or an ice massage with a cloth between the ice and your skin to prevent burning /freezing your skin.

Notify My Office If Symptoms Worsen

This information is provided by Dr. Steven Chudik. It is not to be used for diagnosis and treatment. For a proper evaluation and diagnosis, contact Dr. Chudik at contactus@chudikmd.com/, or 630-324-0402.

