

The Cam Effect of the Proximal Humerus: Its Role in the Production of Relative Capsular Redundancy..

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Arthroscopy

Stephen S. Burkhart M.D., et al. - The relative redundancy in the anteroinferior shoulder capsule caused by a decrease in the cam effect of the proximal humerus may have clinical implications in the pathophysiology of the disabled throwing shoulder. This relative redundancy is a secondary pseudolaxity, with the primary pathology being a tight posteroinferior capsule. Appropriate treatment (stretching of the posteroinferior capsule) of the primary pathology is a more appropriate initial treatment than instability surgery

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