

***Role of MRI in the evaluation of
acromioclavicular joint in patients with
shoulder pain***

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INDEX

LIST OF FIGURES	IV
LIST OF TABLES	VI
LIST OF ABBREVIATIONS	IX
INTRODUCTION	1
AIM OF WORK	3
ANATOMY OF THE SHOULDER JOINT	4
NORMAL SHOULDER MRI ANATOMY	29
ACROMIOCLAVICULAR JOINT PATHOLOGIES	39
MRI SHOULDER TECHNIQUE	54
PATIENTS AND METHODS	67
RESULTS	70
ILLUSTRATIVE CASES	85
DISCUSSION	94
SUMMARY AND CONCLUSION	103
REFERENCES	106

List of figures		
Figure 1	Anterior and posterior view of shoulder region	6
Figure 2	Graphic images (A) lateral view and (B) posterior view of the interior of the glenoid cavity with clearly demonstrated gleno-heumeralligaments.	8
Figure 3	Graphic image of the shoulder joint in a coronal section anterior view showing the ligaments and the synovial envelope of the joint capsule	9
Figure 4	Classification of acromion according to its morphology .	11
Figure 5	Anterior view of the normal ACJ.	13
Figure 6	Anatomy of the sterno-clavicular joints, viewed from the anterior aspect with the left joint intact and the right joint in coronal section.	18
Figure 7	Shoulder anatomy. Illustrations of anterior and posterior shoulder .	20
Figure 8	Projectional images of rotator cuff muscles and tendons as seen in an anterior (a), lateral (b) and posterior (c) view of the shoulder.	22
Figure 9	some shoulder girdle bursa.	24
Figure 10	Axial MR anatomy superior images .	31
Figure 11	Coronal oblique conventional MRI anatomy.	34
Figure 12	Sagittal conventional MRI anatomy (mid-sagittal ,lateral and medial images).	37,38
Figure 13	coronal T1-weighted image, showing hypertrophy of the joint capsule , loss of the normal cortex of the distal clavicle and adjacent acromion, and an osteophyte directed inferiorly that leads to mass effect on the underlying rotator cuff	46

Figure 14	Shoulder MRI showing different grades of ACJ OA .	47
Figure 15	Rockwood classification of AC separation	49
Figure 16	T2 WIS axial planner image showing planning of oblique coronal images	54
Figure 17	T2 WIS axial planner image showing planning of oblique sagittal images	54
Figure 18	Mathematical determination of acromial morphology. A line connecting most caudal points of acromial undersurface was drawn on parasagittal T2-weighted MR image, and with help of two orthogonal lines, acromion was divided into three segments of equal lengths . Then, the angle between anterior third and posterior two-thirds is measured .	63
Figure 19	Methods of measuring acromio-humeral distance (AHD) (a), the acromial index (AI) (b) and the lateral acromial angle (LAA) .	64
Figure 20	STAIR sequences showing different supraspinatus muscle pathological status .	66
Figure 21	Pie chart demonstrating percentage of male and female patients .	70
Figure 22	Chart demonstrating percentage of patients with right left shoulder pain .	71
Figure 23	Chart demonstrating percentage of pathological state of supraspinatus muscle .	72
Figure 24	Chart demonstrating the distribution of different acromion types among the studied group .	73
Figure 25	Chart demonstrating the relation between different degrees of ACJ OA and age .	75
Figure 26	Chart demonstrating the relation between different degrees of ACJ OA and gender .	76
Figure 27	Chart demonstrating the relation between	78

	different degrees of ACJ OA and supra spinatusmuscle .	
Figure 28	Chart demonstrating the relation between different types of acromion and age .	79
Figure 29	Chart demonstrating the relation between different types of acromion and gender .	80
Figure 30	Chart demonstrating the relation between different types of acromion and dtstus of supra spinatus muscle pathological state .	82
Figure 31	Chart demonstrating the relation between ACJ OA and acromion types .	83

	Illustrative case	
Figure 32	Illustrative case 1	85,86
Figure 33	Illustrative case 2	87
Figure 34	Illustrative case 3	88,89
Figure 35	Illustrative case 4	90
Figure 36	Illustrative case 5	91
Figure 37	Illustrative case 6	92,93

List of tables		
Table 1	Classification of acromion according to its morphology .	11
Table 2	Different types of shoulder movement and muscle doing .	25
Table 3	Different causes of shoulder pain .	27
Table 4	Pathologies of ACJ .	39
Table 5	Rockwood classification of AC injuries .	50
Table 6	The percent of ACJ OA of the studied patients .	71
Table 7	The pathological status of supra spinatus muscle of the studied patients .	72
Table 8	The distribution of acromion types among the studied group.	73
Table 9	The associated MRI findings .	74
Table 10	The distribution of different degrees of ACJ osteo arthritis in relation to age and sex .	75
Table 11	The relationship between different degrees of acromioclavicular joint osteo arthritis and supra spinatus muscle pathological status .	77
Table 12	Distribution of different types of acromion in relation to age and sex .	79
Table 13	The relationship between different types of acromion and supra spinatus muscle pathological status .	81
Table 14	The relation ship between different types of acromion and ACJ OA .	83
Table 15	Comparison between different acromial shape and acromial measurements including acromial thickness ,acromio humeral distance , acromial index and lateral acromial angle .	84

List of abbreviations	
A	Acromion
AD	Adduction
ABD	Abduction
AC	Acromio-clavicular
ACJ	Acromio-calvicular joint
CA	Coraco acromial
CL	Clavicle
CC	Coraco-clavicular
DEL	Deltoid muscle
EFF	Effusion
EXT	Extension
FIG	Figure
FLEX	Flexion
G	Glenoid Edge
GT	Greater Tuberosity
HH	Humeral Head
Infra S	Infra spinatus muscle
LHB	Long head of biceps
LS	Longitudinal section
LS	Lesser tuberosity
RA	Rheumatoid arthritis
RCT	Rotator cuff tendon

Rt	Right
SIS	Subacromial Impingement Syndroma
SLE	Systemic Lupus Erythrematosus
SS	Supra spinatus
SubS	Subscapularis muscle
SYN T	Synovial Thickening
SCJ	Sterno-clavicular joint
Tm	Teres minor muscle
AHD	Acromio-humeral distance
AI	Acromial Index
LAA	Lateral Acromial Angle

Introduction

Shoulder pain is a common problem that poses difficult diagnostic and therapeutic challenges .It is one of the most common musculoskeletal complaint in the general population, accounting for 5% of all MSK consultations. It is considered second to knee pain for referrals to the Orthopaedics (**Chaudhari and Chitnis,2018**).

Disorders of rotator cuff muscles, disorders of gleno-humeral joint , acromio-clavicular joint pathologies and referred neck pain are considered the most common causes of shoulder pain (**Mitchell et al.,2005**) .

Acromio-clavicular pathology and dysfunction is a common component of shoulder Pain (**Simovitch et al.,2009**).

Osteoarthritis of the acromio-clavicular joint is a very common cause of shoulder pain and may result in significant debilitation ,acromio-clavicular joint osteoarthritis is the most common disorder of the acromio-clavicular joint and may results from a number of pathological processes (**Menge et al .,2014**).

Clinical evaluation ,conventional radiography , computed tomography and ultrasound are usually used to assess the acromio-clavicular joint (**Simovitch et al.,2009**).

Treatment planning of acromio-clavicular joint injuries and pathologies requires accurate classification of joint lesions and accurate degree of arthritis which may be difficult clinically (**Ursula et al.,2011**).

The diagnostic limitations of radiography and clinical evaluation prompted implementation of MRI for visualization of the acromio-clavicular joint (**Alyas et al.,2008**).

Unlike radiography, which depends on joint distance measurements and CT that evaluate only the bony structures of the shoulder joint , MRI allows direct evaluation of the joint-supporting structures and the surrounding soft tissues, rather than of the acromio-clavicular joint itself, which is useful in classification of acromio-clavicular joint injuries and accurate assessment of the degree of arthritis and its effect over the nearby soft tissues (**Schaefer et al.,2006**).

The aim of this study is to describe the role of MRI in evaluation of acromio-clavicular joint in patients with shoulder pain.

Aim of work

To focus on the role of the MRI in the evaluation and assessment of acromio-clavicular joint in patient presented to our unit complaining of shoulder pain.

ANATOMY OF THE SHOULDER JOINT

NORMAL GROSS SHOULDER JOINT ANATOMY

The shoulder girdle is composed by three bones (the proximal humerus, the scapula, and the clavicle) that articulate three joints: the gleno-humeral, acromio-clavicular and sterno-clavicular joints. This complex allows for a great range of movements, the majority of them provided by the gleno-humeral joint (**Mengeet al., 2014**) .

The clavicle interfaces the axial and appendicular skeletons of the upper limb; its sternal end is extended and fits into the notch on the manubrium at the sterno-clavicular joint. The lateral third is flat, and its sternal end is extended as it bends back to meet the scapula at the acromioclavicular joint(**Goldstein., 2004**) .

The scapula comprimses of the scapular body, the scapular spine, the scapular neck, the acromion, the glenoid fossa, and the coracoid process. It has costal and posterior surfaces with its costal surface in contact with the thoracic cage (the scapula-thoracic interface). From the upper piece of the posterior surface, the spine of the scapula extends laterally, ending into the acromion, which shapes the lateral most tip of the shoulder (**Goldstein., 2004**) .

The scapular lateral angle is thick , with an extended large, shallow glenoid fossa, confronting forward and upwards to get the head of the humerus. Medial to the glenoid fossa , the coracoid process is found , the coracoid process directs upwards from the neck of the scapula and serves as an attachment site for multiple important ligaments and muscles(Goldstein., 2004) .

The proximal part of the humerus comprises of the head, neck, and the greater and lesser tuberosities. The inter-tubercular groove is situated between the greater and lesser tuberosities along the anterior surface of the humerus (Stoller., 1997) .

The head of the humerus is roughly forming one third of a sphere and it is around four times bigger than the socket on the scapula. In anatomic position, it faces superiorly, medially, and posteriorly with the lesser tuberosity in front and the greater tuberosity projecting laterally (Goldstein., 2004) .

