

## *SHOULDER NOMENCLATURE*

**ACROMION** – the part of the scapula, shoulder blade, that forms the highest point of the shoulder.

**ACROMIOCLAVICULAR (AC) JOINT** – the joint of the shoulder located between the acromion, part of the scapula that forms the highest point of the shoulder, and the clavical, the collar bone.

**ARTHROGRAM** – a diagnostic test in which a contrast fluid is injected into the shoulder joint and an x ray is taken to view the fluid's distribution in the joint. Leaking of fluid into an area where it does not belong may indicate a tear or opening.

**BICEPS BRACHII MUSCLE, LONG HEAD** – muscle for elbow flexion and supination. Origin is upper border of glenoid cavity. Insertion is radial tuberosity and deep fascia of forearm.

**BICEPS BRACHII MUSCLE, SHORT HEAD** – muscle for elbow flexion and supination. Origin is coracoid process. Insertion is radial tuberosity and deep fascia of forearm.

**BONE FRACTURE** -- Bone – broken.

**BURSAE** – filmy sac-like structures that permit smooth gliding between bone, muscle, and tendon. Two bursae cushion and protect the rotator cuff from the bony arch of the acromion.

**BURSITIS** -- inflammation of a fluid-filled sac, or bursa, that lies between tendon and skin or between tendon and bone. Normally, a bursa protects the joint and helps make movement more fluid.

**CAPSULE** – a soft tissue envelope that encircles the glenohumeral joint and is lined by a thin, smooth, synovial membrane.

**CLAVICLE** – the collarbone.

**CONTUSION** – A bone bruise results from compressive forces incurred during an injury. The damaged area occurs in the medullary portion of the bone and can be accompanied by bleeding and swelling. Bruises are often caused by falls, sports injuries, car accidents, or blows received by other people or objects. Bruises can last from days to months, with the bone bruise being the most severe and painful.

**CYST** - an abnormal sac containing gas, fluid, or a semisolid material with a membranous lining.

**DEGENERATIVE JOINT DISEASE** -- pathologic alterations in articulations resulting from degeneration. Degenerative joint disease is widespread and common; in synovial joints, it is known as osteoarthritis.

**EDEMA** – an accumulation of an excessive amount of watery fluid in cells or intercellular tissues

**GANGLION** – a cyst containing mucopolysaccharide-rich fluid within fibrous tissue or, occasionally, muscle bone or a semilunar cartilage; usually attached to a tendon sheath in the hand, wrist, or foot, or connected with the underlying joint.

**JOINT EFFUSION** – escape of synovial fluid into the joint.

**JOINT DISLOCATION** – A dislocation is a separation of a bone where it meets a joint. Joints are areas where two or more bones come together. A dislocated bone is no longer in its normal position. A dislocation may also cause ligament and nerve damage.

**GLENOHUMERAL JOINT** – the joint where the rounded upper portion of the humerus (upper arm bone) joins the glenoid (socket in the shoulder blade). This is commonly referred to as the shoulder joint.

**GLENOID** – the dish-shaped part of the outer edge of the scapula into which the top end of the humerus fits to form the glenohumeral shoulder joint.

**HUMERUS** – the upper arm bone.

**HYPERTROPHY** – enlargement of a part or organ as a result of increase in size of its constituent cells.

**LABRUM** -- a lip-shaped structure; a fibrocartilaginous lip around the margin of the concave portion of some joints. The shoulder joint is a ball-and-socket joint, similar to the hip; however, the socket of the shoulder joint is extremely shallow, and thus inherently unstable. To compensate for the shallow socket, the shoulder joint has a cuff of cartilage called a labrum that forms a cup for the end of the arm bone (humerus) to move within. This cuff of cartilage makes the shoulder joint much more stable, yet allows for a very wide range of movements (in fact, the range of movements your shoulder can make far exceeds any other joint in the body). There are several types of labrum –anterior, posterior and superior.

**LIGAMENTS** – tough bands of connective tissue that attach bones to each other, providing stability.

**IMPINGEMENT SYNDROME** – squeezing of the rotator cuff, usually under the acromion.

**OSTEOARTHRITIS** -- Hypertrophic osteoarthritis; Osteoarthrosis; Degenerative joint disease; DJD; OA; Arthritis - osteoarthritis the most common joint disorder. The chronic disease causes the cushioning (cartilage) between the bone joints to wear away, leading to pain and stiffness. It can also cause new pieces of bone, called bone spurs, to grow around the joints.

**OSTEOCHONDRITIS DISSECANS** - results from a loss of the blood supply to an area of bone underneath a joint surface. The affected bone and its covering of cartilage gradually loosen and cause pain. This problem usually arises spontaneously in an active adolescent or young adult. It may be due to a slight blockage of a small artery or to an unrecognized injury or tiny fracture that damages the overlying cartilage. A person with this condition may eventually develop osteoarthritis. Lack of a blood supply can cause bone to break down (avascular necrosis).\* The involvement of several joints or the appearance of osteochondritis dissecans in several family members may indicate that the disorder is inherited.

**OSTEOPHYTES** - Focal hypertrophy of bone surface and/or ossification of soft tissue attachments to the bone.

**OSTEOPHYTOSIS** -- a condition characterized by formation of multiple osteophytes.

**OSTEOMYELITIS** -- an acute or chronic bone infection, usually caused by bacteria

**RHEUMATOID ARTHRITIS** – a form of arthritis in which the immune system attacks the tissues of the joints, leading to pain, inflammation, and eventually joint damage.

**ROTATOR CUFF** – Composed of tendons that work with associated muscles, this structure holds the ball at the top of the humerus in the glenoid socket and provides mobility and strength to the shoulder joint.

**ROTATOR CUFF TEAR** is a common cause of pain and disability in the adult population. The rotator cuff is made up of four muscles and their tendons. These combine to form a "cuff" over the upper end of the arm (head of the humerus). The four muscles -supraspinatus, infraspinatus, subscapularis, and teres minor - originate from the "wing bone"(scapula), and together form a single tendon unit. This inserts on the greater tuberosity of the humerus. The rotator cuff helps to lift and rotate the arm and to stabilize the ball of the shoulder within the joint.

**SCAPULA** – the shoulder blade.

**SHOULDER IMPINGEMENT SYNDROME** --Swimmer's shoulder; Pitcher's shoulder; Tennis shoulder -  
- Rotator cuff tendonitis is an inflammation (irritation and swelling) of the tendons of the shoulder.

**SLAP** (Superior Labrum Anterior Posterior) **TEAR** is a specific injury to a part of the shoulder joint called the labrum. The long head of the biceps inserts on the superior labrum.

**SPRAIN** – a stretch and/or tear of a ligament ( a band of fibrous tissue that connects two or more bones at a joint). One or more ligaments can be injured at the same time. The severity of the injury will depend on the extent of injury (whether a tear is partial or complete) and the number of ligaments involved.

**STRAIN** – an injury to either a muscle or a tendon (Fibrous cords of tissue that connect muscle to bone). Depending on the severity of the injury, a strain may be a simple overstretch of the muscle or tendon, or it can result from a partial or complete tear.

**SUBLUXATION** – an incomplete luxation or dislocation; though a relationship is altered, contact between joint surfaces remains, SYN semiluxation.

**SYNOVITIS** – inflammation of the synovial membrane of a joint.

**SYNOVIAL FLUID** – fluid secreted by the synovial membrane; lubricates joint surfaces and nourishes articular cartilages.

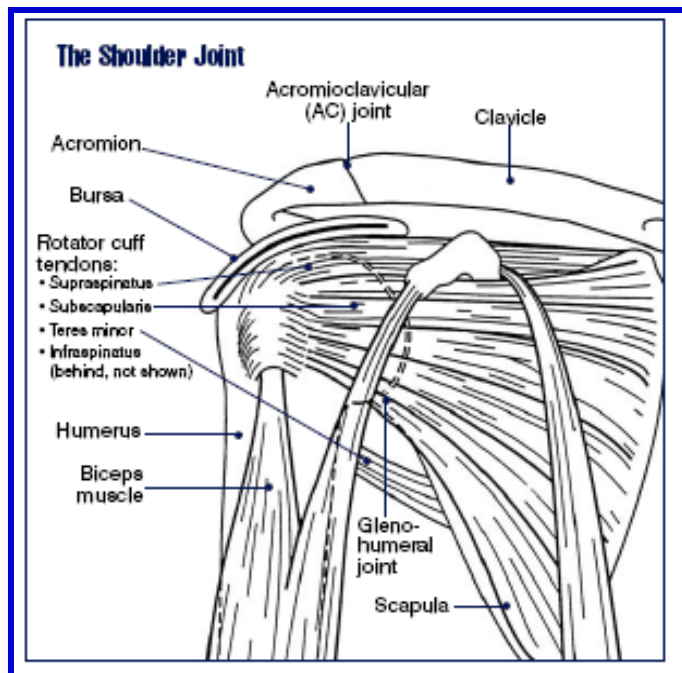
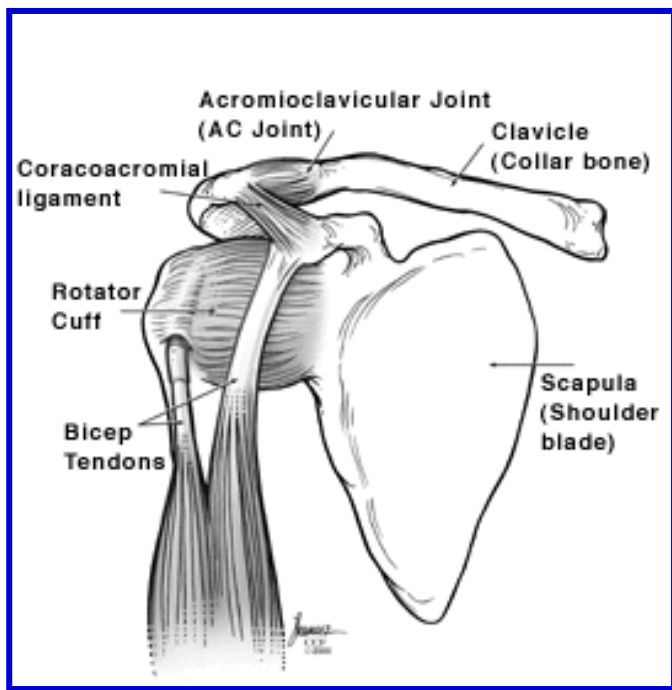
**SYNOVIUM** – the membrane that lines the joint and secretes a lubricating liquid called synovial fluid.

**TENDONS** – tough cords of connective tissue that attach the shoulder muscles to bone and assist the muscles in moving the shoulder.

**TENDONITIS** -- inflammation, irritation, and swelling of a tendon, which is the fibrous structure that joins muscle to bone. In many cases, **TENDINOSIS** (tendon degeneration) is also present.

**TENDONOPATHY** – any disease or dysfunction of a tendon. The form of tendonopathy is named for the affected tendon, as in Achilles tendonopathy or rotator cuff tendonopathy. Patellar tendonopathy is an overuse syndrome of the patellar tendon and it is also called patellar tendonitis or jumper's knee.

**TENOSYNOVITIS:** inflammation of a tendon and its enveloping sheath



SOURCES: www.acr.org; www.asnr.org/spine\_nomenclature ; www.radiologyinfo.org; www.nlm.nih.gov; Stedman's Medical Dictionary 27th edition.



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