# BÖLÜM 22

# OMUZ LAKSİTESİ (İNSTABİLİTESİ)

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## GİRİŞ

Omuz eklemi sferoid yapıda bir eklemdir ve doğası gereği instabildir. Humerus başı eklem yüzeyinin yaklaşık 1/3'ü kadardır ve humerus başının olağanüstü hareketliliğine izin verecek şekilde son derece sığdır. Bu yüzden statik ve dinamik stabilizatörler eklem stabilitesi sağlar. Statik stabilizatörler; glenoid, labrum, eklemin uyumu, glenohumeral bağlar, kapsül ve eklem içi negatif basınç şeklindedir. Dinamik stabilizatörler; rotator manşet kasları/tendonları, biseps tendonu, skapular stabilizatörler (periskapular kaslar), propriosepsiyon duyusu şeklindedir. Glenoidin sığ şekliyle minimum kemik stabilitesi sağlanır, ancak fibrokartilajinöz yapıdaki labrum tarafından glenoid derinleştirilir ve stabilize edilir. Labrum, humerus subluksasyonu için bir tampon/durdurma görevi görür ve ayrıca kapsüloligamentöz yapılar için bağlanma yeri işlevi görür. Rotator manşet tendonları proksimal humerus üzerine birleşik "at nalı" şeklinde yerleşir. Bu kaslar tüm hareketler sırasında humerus başını aktif olarak glenoid içinde tutar (1). Eklem kapsülü eklem içi negatif basınç oluşturur ancak posteriorda ince yapıdadır. Glenohumeral ligamentler ekleme stabilite sağlayan anterior ve inferior kapsülün farklı kalınlaşmalarıyla oluşur. Posteriorda ve superiorda bağ yapıları yoktur.

## ANATOMİ

Glenohumeral bağlar; superior glenohumeral ligament (SGHL), orta glenohumeral ligament (OGHL), inferior glenohumeral ligament (İGHL) ve korakohumeral ligament (KHL) şeklindedir.

### Superior Glenohumeral Ligament

Anterosuperior glenoid kenar/labrum ile proksimal tüberkülüm minus arasında uzanır. Fonksiyonu: omuz adduksiyonunda inferiora translasyona ve dış rotasyona direnç göstermektir. Ayrıca 90° ileri fleksiyonda posterior translasyona direnç gösterir (1). Bu ligament posterior ve inferior subluksasyona direnç gösterir (2).

### Orta Glenohumeral Ligament

Anterosuperior glenoid kenar/labrum ile (SGHL'den daha aşağıda) tüberkülüm minus mediali arasında uzanır. Fonksiyonu: 45° abdüksiyonda anteroposterior translasyona direnç göstermektir. Adduksiyonda ve dış rotasyona direnç gösterir (3). Buford kompleksi, OGHL'nin kalınlaşması ile anterior/superior labrumun yokluğuyla karakterizedir.

### İnferior Glenohumeral Ligament

Anterior ve posterior bant olmak üzere 2 kısımdan oluşur. Posterior bant önem teşkil etmekte-

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