


## Scapular Fracture in a Collegiate Football Player: A Case Study

Taylor Lipinsky

Aaron Himmler

Follow this and additional works at: <https://scholarworks.bgsu.edu/jsmahs>

 Part of the [Biomechanics Commons](#), [Exercise Science Commons](#), [Motor Control Commons](#), [Other Kinesiology Commons](#), [Rehabilitation and Therapy Commons](#), [Sports Medicine Commons](#), and the [Sports Sciences Commons](#)

---

### Recommended Citation

Lipinsky, Taylor and Himmler, Aaron () "Scapular Fracture in a Collegiate Football Player: A Case Study," *Journal of Sports Medicine and Allied Health Sciences: Official Journal of the Ohio Athletic Trainers Association*: Vol. 4 : Iss. 1 , Article 23.

DOI: 10.25035/jsmahs.04.01.23

Available at: <https://scholarworks.bgsu.edu/jsmahs/vol4/iss1/23>

This Undergraduate Student Abstract is brought to you for free and open access by the Human Movement, Sport and Leisure Studies at ScholarWorks@BGSU. It has been accepted for inclusion in Journal of Sports Medicine and Allied Health Sciences: Official Journal of the Ohio Athletic Trainers Association by an authorized editor of ScholarWorks@BGSU.

## ***Scapular Fracture in a Collegiate Football Player: A Case Report***

Taylor Lipinsky; Aaron Himmler MS, AT  
Department of Sports Medicine, University of Cincinnati

### **OBJECTIVE**

To present a case of nonsurgical treatment and rehabilitation of a scapular fracture in a National Collegiate Athletic Association Division I football athlete.

### **BACKGROUND**

While running the football in a game, the athlete was being tackled by a defensive player and then hit on both sides by two other defensive players. On-the-field evaluation was not performed, with a sideline evaluation revealing significant shoulder weakness. Post-injury imaging reported a scapular fracture.

### **DIFFERENTIAL DIAGNOSIS**

scapular fracture, posterior labral tear of the shoulder.

### **TREATMENT**

The sports medicine team discussed surgical and nonsurgical options. A nonsurgical approach was used with immobilization and rehabilitation.

### **UNIQUENESS**

Scapular fractures account for a less than 1% of all fractures and rarely occur in athletic events.<sup>1,2</sup> Scapular fractures often occur in high trauma, blunt force injuries such as motor vehicle accidents or falling from significant heights.<sup>1-5</sup>

### **CONCLUSIONS**

Proper non-surgical treatment of nondisplaced scapular fractures can result in good outcomes with no functional limitations. Athletes are able to return to play without compromising their health, safety, or performance.

### **REFERENCES**

1. Wu F, Rajpura A, Shahid M, Sandher D. An Unrecognised Case of a Scapula Fracture Sustained through an Unusual Indirect Mechanism. *Case Reports In Orthopedics* [serial online]. January 2013;1-2. Available from: Academic Search Complete, Ipswich, MA. Accessed April 3, 2018.
2. Schofer M, Sehrt A, Timmesfeld N, Störmer S, Kortmann H. Fractures of the scapula: long-term results after conservative treatment. *Archives Of Orthopaedic & Trauma Surgery* [serial online]. November 2009;129(11):1511-1519. Available from: Academic Search Complete, Ipswich, MA. Accessed March 7, 2018.
3. M. Scavenius and C. Sloth, "Fractures of the scapula," *Acta Orthopaedica Belgica*, vol.62,no.3,pp.129-132,1996
4. Kingsbury-Smith R. Scapula fractures: A review. *Trauma* [serial online]. January 2008;10(1):25-33. Available from: Academic Search Complete, Ipswich, MA. Accessed March 7, 2018.
5. Bartoníček J, Cronier P. History of the treatment of scapula fractures. *Archives Of Orthopaedic & Trauma Surgery* [serial online]. January 2010;130(1):83-92. Available from: Academic Search Complete, Ipswich, MA. Accessed March 9, 2018.

**KEY WORDS:** *conservative treatment, upper extremity injuries, scapular fracture*