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Scapular Fracture in a Collegiate Football Player: A Case Report

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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. Scapular fractures often occur in high trauma, blunt force injuries such as motor vehicle accidents or falling from significant heights.

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

KEY WORDS: conversation treatment, upper extremity injuries, scapular fracture