

Reverse Humeral Avulsion of the Glenohumeral Ligament (HAGL): Rare Case of Shoulder Instability

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6th Annual U of T Sports and Exercise Medicine Conference

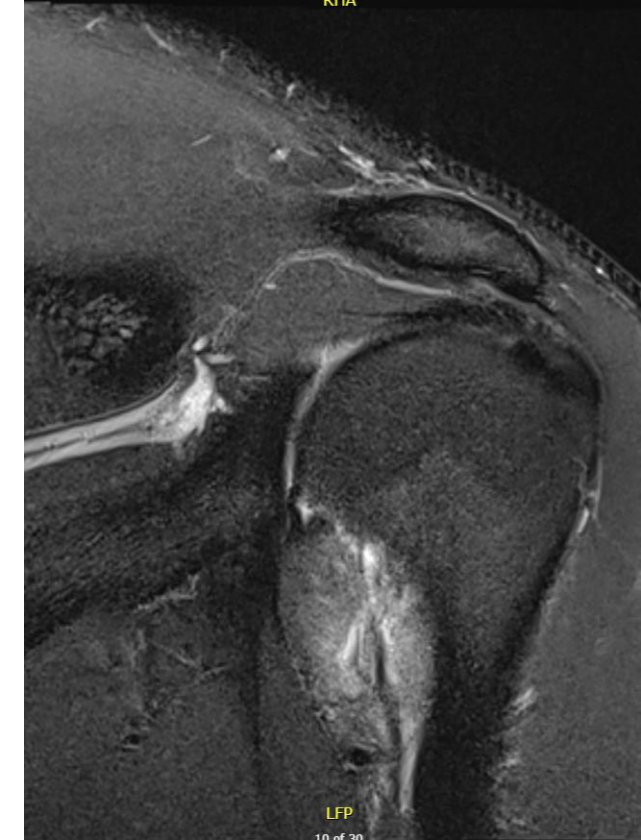
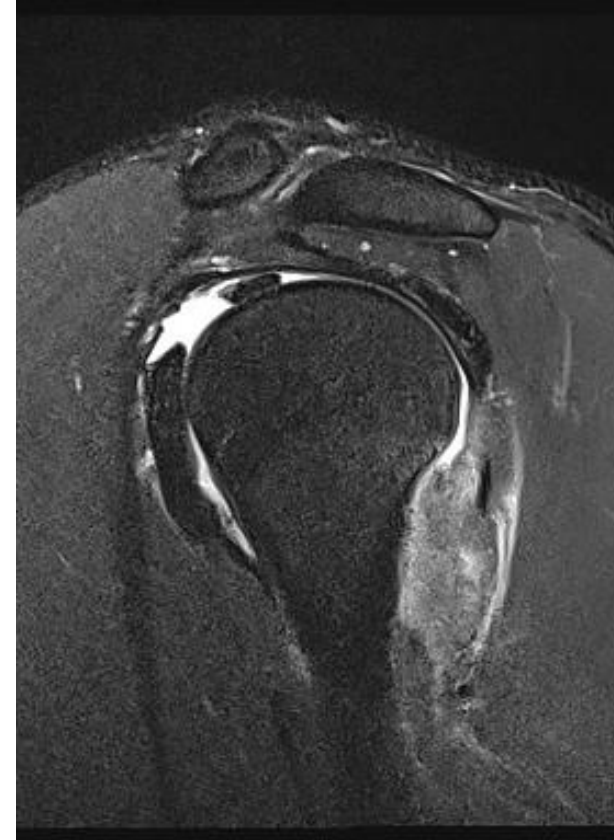
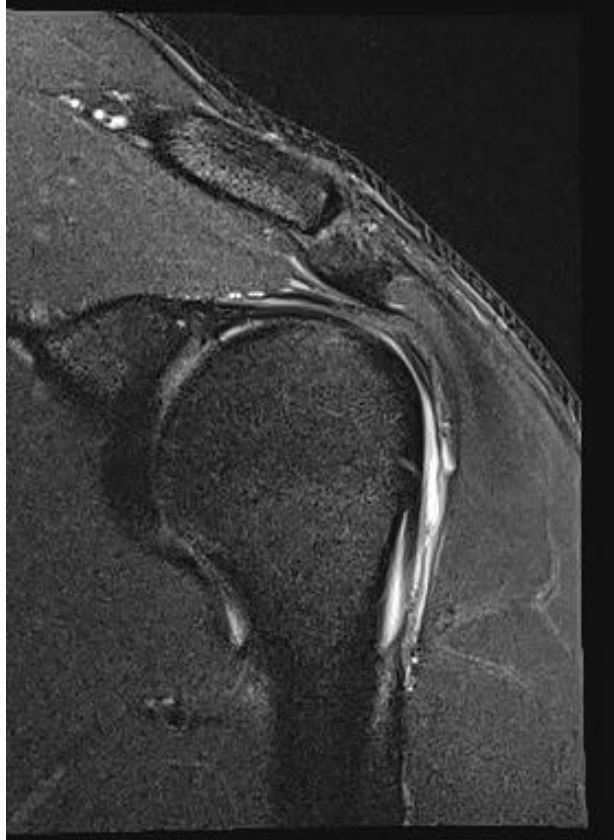
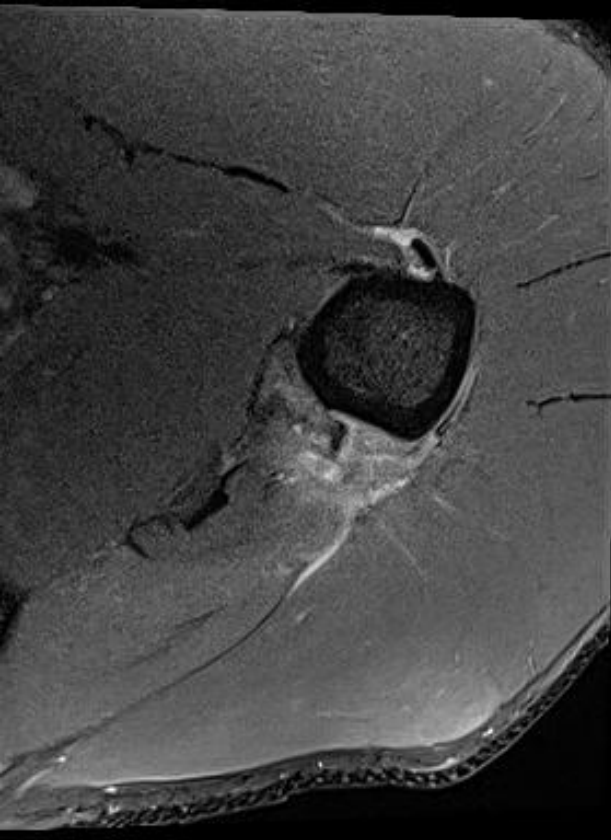
November 14, 2025

CREATE A CASE

| | |
|-------------------------|--|
| Age | 22 |
| Handedness | Right |
| Position | Linebacker |
| Past Injuries | None |
| Mechanism | Dove to attempt interception and collided with his opponent with his left shoulder |
| Initial Symptoms | Pain, Numbness, Loss of abduction |
| Physical Exam | No clear deformities, severe loss of active ROM with passive pain restricted endpoints |
| Initial Imaging | X-Ray and Ultrasound Negative |



ADVANCE ►

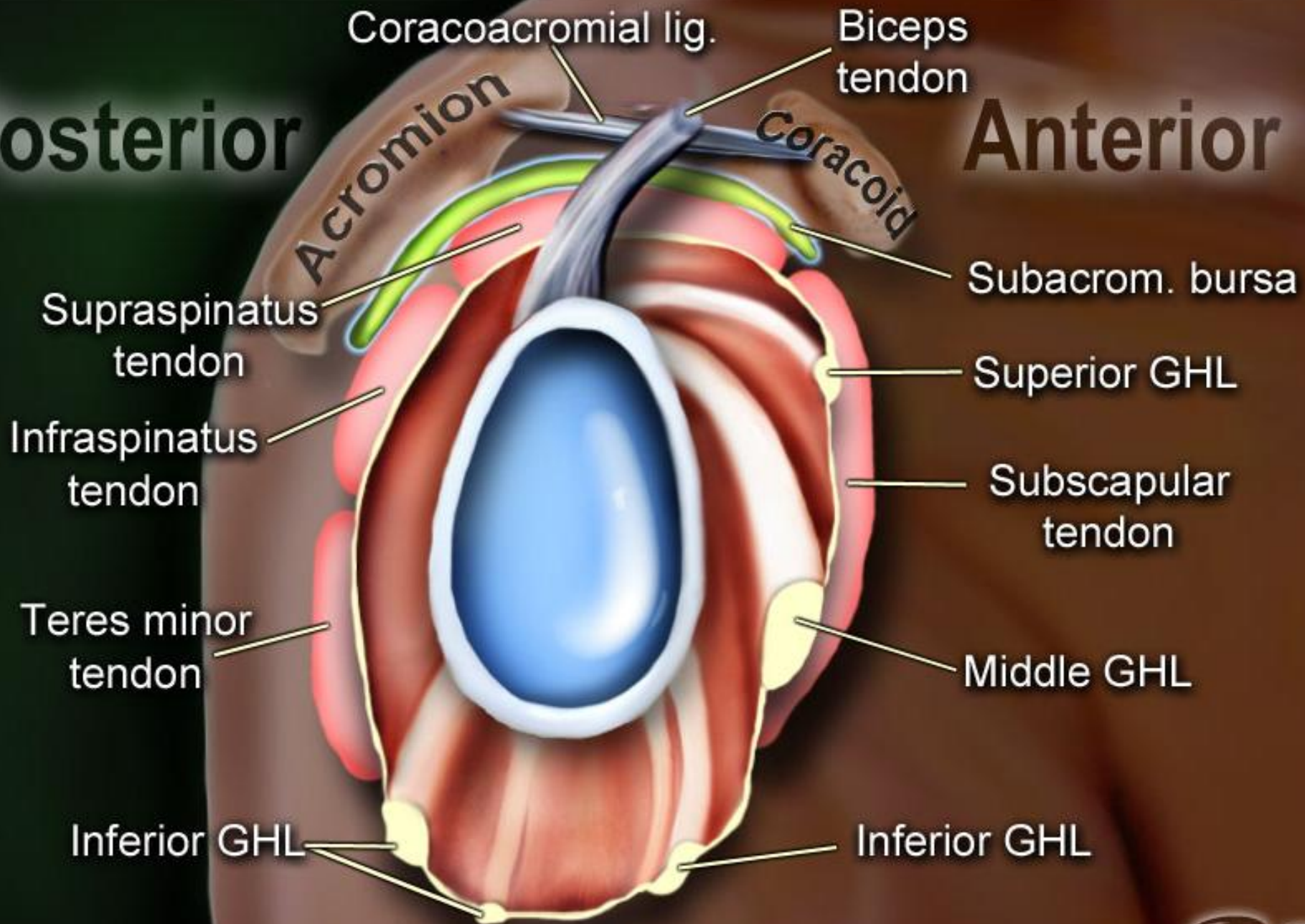


MRI

*There is irregularity and **avulsion of the inferior glenohumeral ligament from the posterior aspect of the proximal humerus** with surrounding soft tissue edema, in keeping with humeral avulsion of the glenohumeral ligament.*

Posterior

Anterior

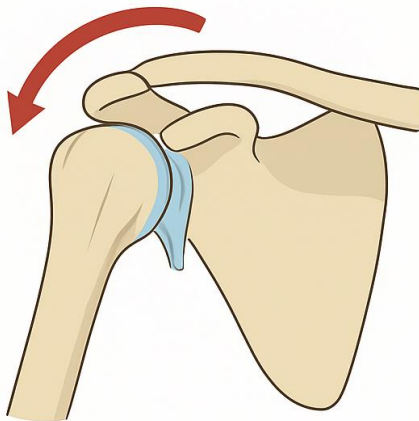


RS

Humeral Avulsion of the Glenohumeral Ligament

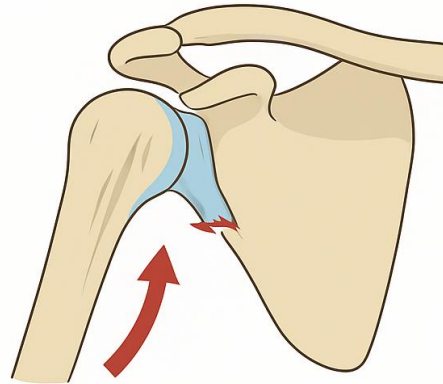
| Type | Mechanism | Incidence |
|---------------------------------|-------------------------------|-----------|
| Anterior HAGL | Abduction + External Rotation | 93% |
| Reverse (Posterior) HAGL | Adduction + Internal Rotation | 7% |

Anterior HAGL



**Abduction +
External Rotation**
Anterior IGHL

Reverse HAGL



**Adduction +
Internal Rotation**
Posterior IGHL

- Active Males (mean age 24-26)
- 1-2% of patients who have MRIs for pain or instability
- Traumatic Shoulder injury



*Orthobullets

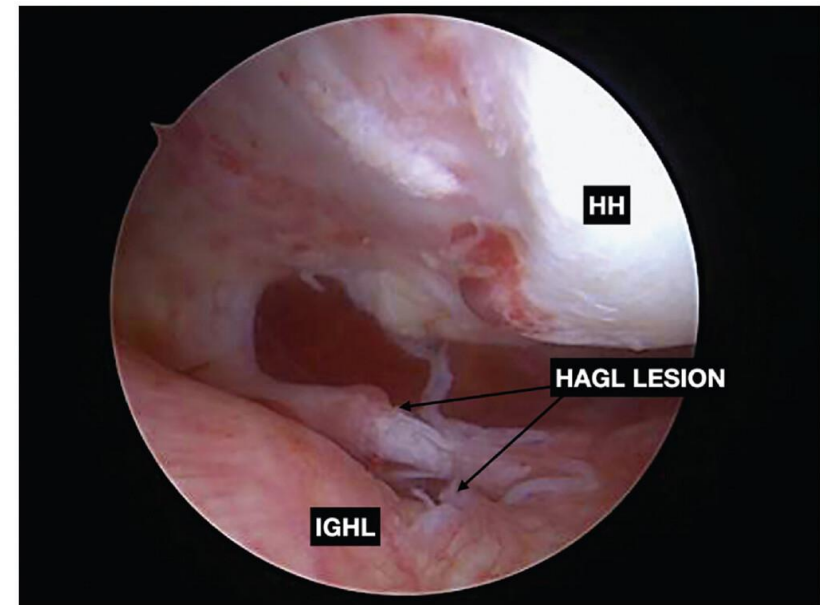
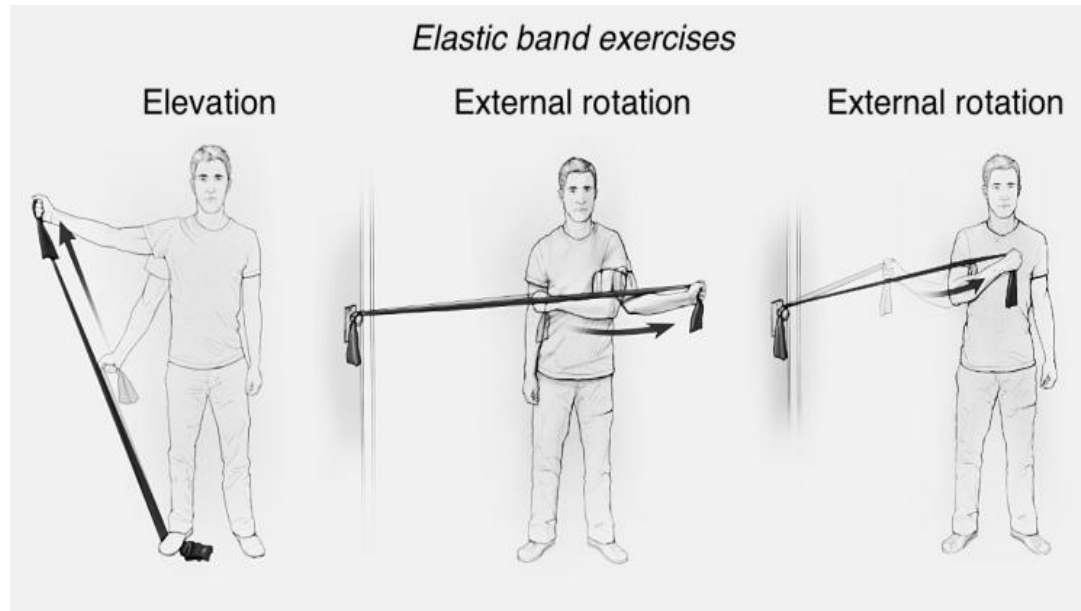
Management of HAGL Lesions

Rehabilitation

- Sling immobilization (4 weeks)
- Therapy to improve range of motion, then strengthening

Operative Repair

- Recommended in contact athletes following rehabilitation
- Typically: Arthroscopic suture anchor fixation of the IGHL



Takeaways and Teaching Points

Not all instability = labral tears

Mechanism matters

MR Arthrogram is the imaging gold standard

Early recognition leads to better outcomes, earlier return to play

Surgical repair to restore stability