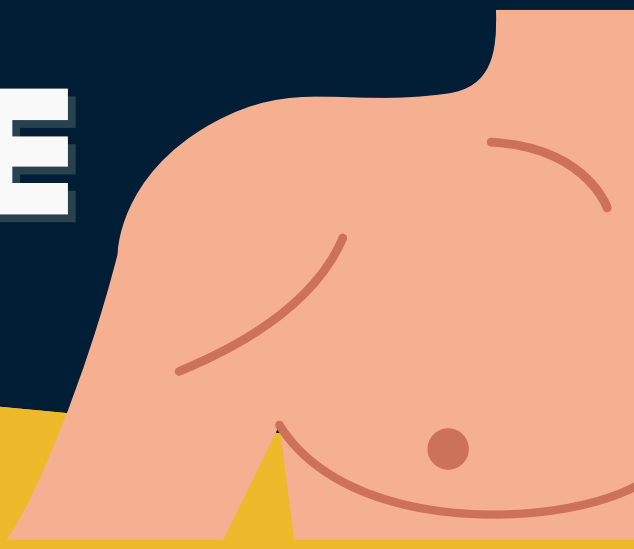


# QUADRILATERAL SPACE SYNDROME



## 1. What is it?

Compression of the axillary nerve and/or posterior humeral circumflex artery as they pass through the quadrilateral space

## 2. Core Characteristics

- Usually young adults (20-40)
- Dominant shoulder
- Exacerbated by active and resisted abduction and ER
- poorly localised pain and may have paraesthesias



## 3. Additional characteristics

- Usually overhead athletes e.g. volleyball, swimming, baseball
- Non-dermatomal pattern of paraesthesia
- Usually slow onset, intermittent, and not linked to trauma



## 4. Causes?

- Fibrous bands within the quadrilateral space
- Hypertrophy of the muscular border
- Space occupying lesions (e.g. paralabral cyst)

## 5. Management

- Can clinically reason x-ray first line to rule out bony masses or other radiopaque space-occupying lesions
- Consider onward referral for further imaging such as CT/MR angiogram or MRI
- Conservative management is mainstay treatment if minor symptoms
- May require surgical management if significant disability or space occupying lesion

