

## **Q12**

**Title:** Teres minor and quadrilateral space syndrome: a review

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The teres minor is one of four rotator cuff muscles that is involved in many shoulder pathologies. The integrity of the teres minor can be indicative of treatment success for disorders including rotator cuff tears, impingement syndrome, and quadrangular space syndrome. Quadrangular or quadrilateral space syndrome is a debilitating disorder that may require surgical intervention in chronic cases and can lead to atrophy of the teres minor. Methods for diagnosing QSS may include a variety of tests and procedures to rule out other diagnoses. Point Tenderness over the quadrilateral space is almost always present in patients with QSS and can be used as a strong identifier of pathology. There is little discussion related to optimal treatment and surgical intervention. A review of the diagnostic techniques and treatment methods for disorders involving teres minor, with a focus on quadrilateral space syndrome, are presented in order to summarize the current understanding of this pathology.