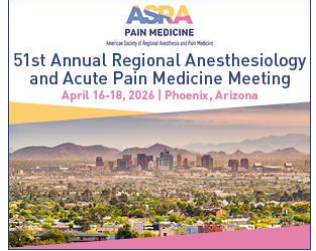


Scapular Winging Presenting as Trapezius Muscle Deformity – Targeted Botox Can Help



Introduction

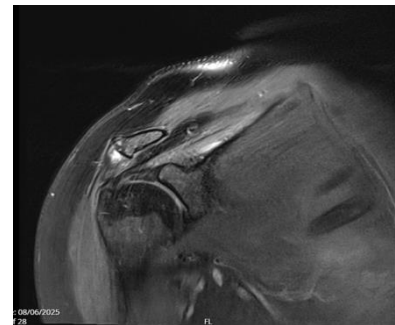
- Scapular winging is classically taught as a visible medial or lateral protrusion but may present atypically as focal soft-tissue deformity and pain.
- Such presentations can obscure diagnosis and delay treatment.

Case

- A 45-year-old female sustained a traumatic fall initially associated with nonspecific left arm paresthesia and weakness.
- Over the subsequent two years, she developed progressive swelling and severe pain over the ipsilateral trapezius region, raising concern for a focal soft-tissue mass.
- Advanced imaging ultimately demonstrated left medial scapular winging with scapular protrusion into the trapezius muscle belly
- Given persistent pain localized to the trapezius muscle group, botulinum toxin injections were administered to the trapezius and other peri-scapular muscles

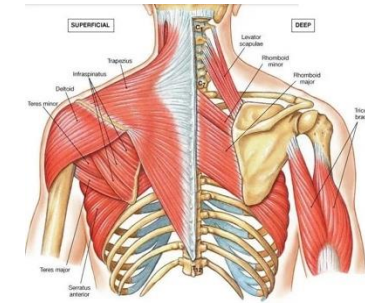
Outcome

- The patient experienced significant symptomatic improvement, reporting greater than 50% reduction in pain following treatment.



Clinical Pearl

A painful trapezius “mass” may represent scapular winging, and targeted botulinum toxin injections can provide significant pain relief.



Conclusion

This case highlights an atypical presentation of scapular winging manifesting as a focal trapezius deformity rather than classic winging patterns. Variable scapular positioning can produce localized myofascial pain that mimics soft-tissue pathology. Recognition of this mechanism is critical, as targeted botulinum toxin injections may provide meaningful pain relief in select patients with post-traumatic scapular positioning.

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