

DIAGNOSING SHOULDER PROBLEMS IN PRIMARY CARE

GUIDE TO INITIAL TREATMENT AND WHEN TO REFER

Differentiate between shoulder and neck pain

If shoulder pain only red flag
symptoms or signs to warrant
urgent referral?

Urgent Referral

1. Acute trauma with pain and weakness – Acute full thickness/large cuff tear
2. Red skin, fever or systemically unwell – Infection
3. Trauma / seizure / electric shock with loss of rotation and abnormal shape – Unreduced shoulder dislocation
4. Acute trauma with ACJ pain and significant prominence/deformity – Acute ACJ dislocation, Type II and above

SHOULDER

History of instability?

- Dislocation
- Subluxation
- Apprehension (worried shoulder may dislocate) with sports/activities

YES

NO

Pain localised to AC joint?

- May have prominence or swelling over AC joint
- Pain with cross-body adduction

YES

NO

Decreased shoulder range of motion (active AND passive)

- Significant reduced external rotation (passive) compared to unaffected side

YES

NO

Pain and weakness with active shoulder motion

- Pain on shoulder abduction with thumb down, worse against resistance
 - Painful arc
- Note: History of trauma with loss of active abduction in young patient = Urgent referral

YES

PRIMARY CARE

Instability

- Common age 10-30 yo
- Physiotherapy if Atraumatic

REFER

AC joint problem

- Common age >30 yo
- Arthritis vs dislocation
- X-ray to differentiate
- Rest/NSAIDs/analgesia
- Arthritic ACJ steroid injection

REFER

Glenohumeral joint

- Frozen shoulder: 30-60 yo
- Arthritis: >60 yo
- X-ray to differentiate
- Rest/NSAIDs/analgesia
- Patient information

REFER

Rotator cuff problem

- Common age 30-75 yo
- Impingement vs cuff tear
- USS to differentiate
- Rest/NSAIDs/analgesia
- Impingement: physiotherapy
- +/- subacromial steroid injection

REFER

REFER TO ORTHOPAEDICS

Instability

- Traumatic dislocation
- Recurrent dislocation
- Atraumatic with failed physio

AC joint problem

- Refer if failed non-operative management
- Refer if history of trauma and dislocation (urgent if acute and significant deformity)

Glenohumeral joint

- Refer if failed non-operative management
- Unable to cope with pain and/or functional limitation

Rotator cuff problem

- Refer if failed non-operative management
- Significant tear on USS (full thickness)
- Unable to cope with pain and/or functional limitation



Orthopaedics Problems In Primary Care

Léo Pomar



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