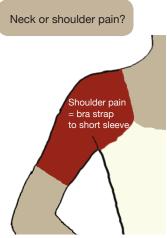






Dr Marcus Chia SHOULDER & ELBOW SURGEON

MBBS (Hons) BAppSc (Physio) FRACS (Orth) FAOrthA



Red Flags

Infection

Unreduced dislocation

Acute rotator cuff tear

Neurological lesion

Pain localised to the neck or the shoulder?

Pain reproduced on neck or shoulder movement?



Neck Neurological exam (refer if positive findings)

Rest NSAIDs/analgesia Physiotherapy



History of instability?



Instability

Common < 30 yo

Refer ? Surgery



Pain localised to the acromioclavicular joint?

75

History of dislocation or feeling of apprehension?



AC joint disease

Rest NSAIDs/analgesia Consider CSI Refer ? Surgery



Reduced passive external



GH joint disease

Shoulder X Ray

Arthritis

Adhesive capsulitis Rest

NSAIDs/analgesia Consider CSI Refer ? Surgery



rotation?

Painful arc? Pain on empty can test?

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Rotator cuff disease

Rest NSAIDs/analgesia Consider CSI Physiotherapy Refer ? Surgery

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Adapted from 'Diagnosis of shoulder problems poster'. http://www.ouh.nhs.uk/shoulderandelbow/information/documents/JRFinal2010poster.pdf.



