

# Shoulder

## MSK-2 Protocol and Pathway – MSK Specialty (14/03/2011)

Rotator Cuff Tendinitis / A-C joint pathology / Frozen Shoulder  
**Presenting Symptoms**  
 -Pain, discomfort and limitation of abduction, extension & rotation of the shoulder joint  
 -Pain worst when the arm is raised above the head and when the arm is taken at the back

Supraspinatus tendon tear  
**Presenting Symptoms**  
 -Sudden inability to abduct the arm following a minor trauma

Shoulder Dislocation or recurrent dislocation  
**Presenting Symptoms**  
 -History of trauma  
 -Inability to move the shoulder  
 -H/O recurrent dislocation of shoulder

Examination / Assessment  
 -Look for the painful arc movements  
 -For Painful Arc assessment - Please see next page

0-40° = Frozen shoulder or capsulitis

40-140° = rotator cuff tendinitis or impingement syndrome

140-180° = AC joint OA or any other AC joint pathology

Assessment  
 -Suspect a tear of supraspinatus tendon

Referral to Orthopaedic team

Treatment Plan  
 -NSAID's  
 -Intra-articular steroid injection if GP is skilled or trained.  
 -Advice on self management and exercises at home.

Treatment Plan  
 -NSAID's  
 -Steroid injection in subacromial space if GP is skilled or trained.  
 -Advice on self management and exercise at home.

Treatment Plan  
 -NSAID's  
 -AC jt x-ray if needed  
 -Inj of steroid in AC joint if GP is skilled or trained  
 -Advice on self management and exercise at home

Referral to Orthopaedic team

No improvement in symptoms

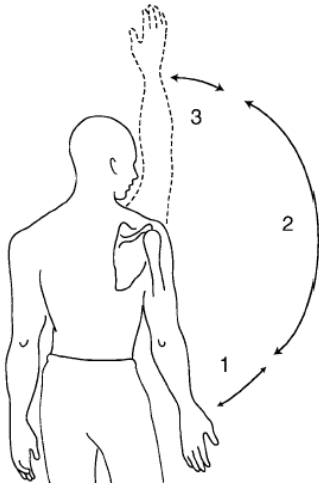
Physiotherapy / MSK Clinic referral  
 -Physiotherapy if needed  
 -steroid injection if facility available  
 -MRI scan if required eg impingement syndrome

Cured  
 Pt discharged home

If No success  
 Referral to Orthopaedic team



## MSK Speciality – Shoulder Pain Pathway



## PAINFUL ARC

When a patient with shoulder pain elevates the extended arm:

In Frozen shoulder, there will be pain and stiffness in the movements of the shoulder as designated '1' (i.e. approximately 0-40 degrees on abduction of the arm)

Patients with glenohumeral arthritis and adhesive capsulitis often have pain throughout all the portions of the arc.

In rotator cuff tendinitis / tendinosis and impingement syndrome, the portion of the arc designated '2' in the diagram (i.e. the 'middle third', approximately 40-140 degrees), pain will occur with active movement of abduction of the arm.

In acromioclavicular arthritis / pathology, the portion of the arc designated '3' in the diagram (i.e. the terminal 140-180 degrees of the arc is painful).

Examination  
Supraspinatus tendon – tendinitis / tear



Supraspinatus Tendon

