

# DIAGNOSING SHOULDER PATHOLOGY AT THE FIRST CONSULTATION

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# HISTORY

- Age
- Hand dominance
- Occupation
- Sports/hobbies
- Medical history (esp DM)
- Previous shoulder problems/ops



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# HISTORY

## Mechanism of injury

- Fall onto outstretched arm
- Was arm forced into abd/ER
- Was arm forced into add/IR



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# HISTORY

- Pain location
- Night pain
- What precipitates pain
- Weakness
- Loss of motion
- Clicking
- Instability/dead arm

Beware of

- Rest pain
- Constant pain
- Neck/scapula pain
- Paraesthesia



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# START THINKING OF DIAGNOSIS

## Under 30 years

- Impingement
- Instability

## 30 to 50 years

- Impingement
- Biceps tendonitis
- Arthritis AC joint
- Calcific tendonitis

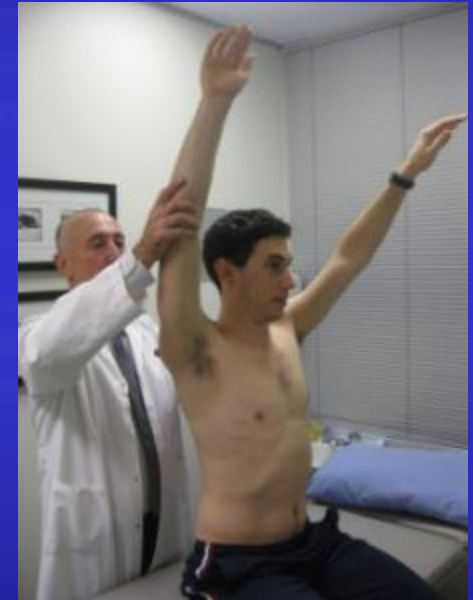
## Over 50 years

- Rotator cuff tears
- Adhesive capsulitis
- arthritis



# EXAMINATION

## LOOK – FEEL -MOVE



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# FEEL

- Sterno clavicular joint
- Clavicle
- AC joint
- Coracoid process
- Biceps
- Greater tuberosity
- Rotator cuff
- Joint lines
- Acromion/scapula



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# FEEL

- Cervical spine



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# MOVE

- Rhythm - anterior
- Rhythm - posterior



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# MOVE

- Active Forward elevation
- Passive forward elevation



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# MOVE

- Passive E.R.
- Passive I.R.



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# MOVE

- abduction



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# POWER

- E.R



- I.R.



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# SPECIAL TESTS

- Impingement
- adduction

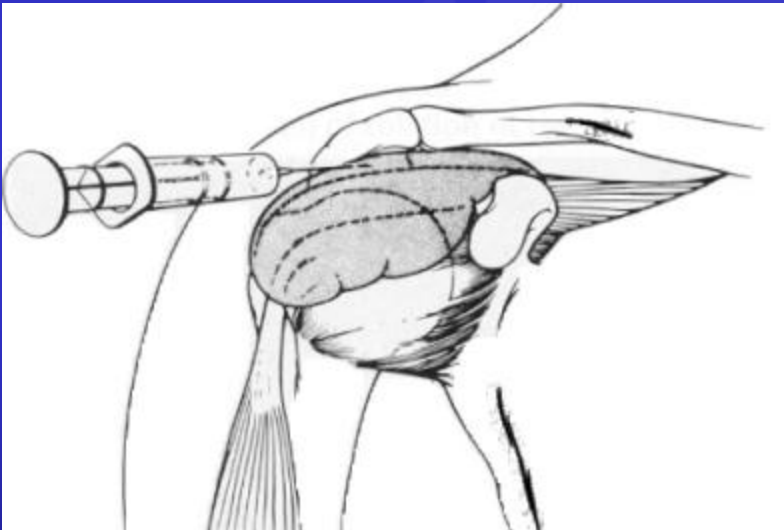


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# SPECIAL TESTS



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# SPECIAL TESTS

- Speed's test
- O'Brien's test



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# SPECIAL TESTS

- Biceps lift



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# SPECIAL TESTS

- Anterior apprehension
- Posterior apprehension



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# SPECIAL TESTS

- Anterior relocation



- Posterior relocation



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# SPECIAL TESTS

- Sulcus sign



- Belly press/lift off



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# SPECIAL TESTS

- Dynamic SLAP
- Generalised lig laxity



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# SPECIAL TESTS

- Adson's test



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# INVESTIGATIONS

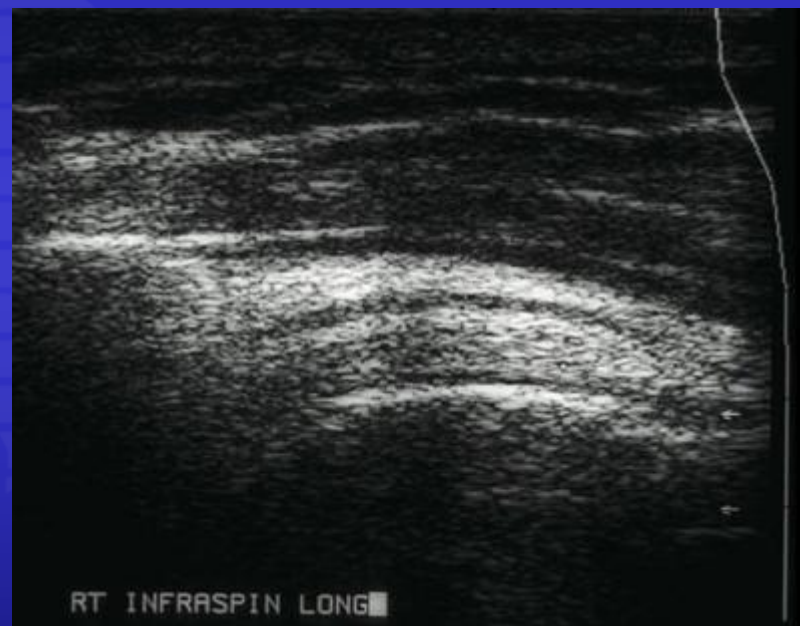


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# INVESTIGATIONS



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# INVESTIGATIONS



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## Distinguish between Impingement & full thickness RC tears

- Symptoms often the same
- Pain with activity & pain at night
- Positive impingement sign
- Fair active ROM
- Good passive ROM
- Full thickness RC tears have loss of E.R. power



# Patient has loss of both active & passive motion

- Passive ER is 0 degrees
- Power is normal

## Diagnosis

- Adhesive capsulitis
- Osteoarthritis

Needs xray



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# Thank you



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