Evaluation of Shoulder Pain or Shoulder Injury

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Physical Exam

Note ROM (forward flexion, IR/ER) and perform strength testing (supraspinatus and external rotators 0-5/5). Do both arms for comparison. Hands: Intrinsic and extrinsic sensory and motor function

Check cervical range of motion and Spurling test. NOTE ANY RADICULAR PAIN OR WEAKNESS.

Average ROM: Forward flexion 170°, ER 40°, IR to T8

X-Ray (3 views-Grashey AP, lateral "Y" scapula and axillary) MRI/CT have multiple indications. Ortho will order if needed. Frozen Shoulder or Glenohumeral joint Myofascial pain Non-traumatic shoulder pain: Labral tear: consider if < Neck Pain: If posi-**AC** joint Rotator Cuff weak-Fibromyalgia arthritis Calcific tendonitis, impingement, age 40 with injury but no tive Spurling or separation ness AC joint arthrosis, PVNS, synovial fracture radicular sx that or fracture chondromatosis. are persistent Ice, NSAID's, Rest, ROM; Physical Therapy Physiatry or Rheumatology If pain persists > 6 weeks, refer to Ortho consult. Occasionally underlying surgical problem Note: Steroid injections may delay surgery > 3mo.

Refer to Ortho

Sports Injuries and Sports head Injuries use the SMART phone call or text 877-4754 for immediate referral to our Primary Care

Sports Medicine Doctors

Ortho referral letter to include:

- 1. History and physical exam results, include any h/o cancer
- 2. Treatment to date including opioid use
- 3. Test results, including Lyme
- 4. Expectations of referral (consult only, consult & treat, long-term follow up)

Dr. Mancini and Dr. Ramirez –shoulder arthroplasty, arthroscopy, rotator cuff repair, anatomic and reverse TSA. Dr. MacKechnie –shoulder labral tears generally < 40y/o. Dr Golden-rotator cuff repair and other arthroscopy Rheumatology: Dr. Monaco, Dr. Raskin

<u>Patient eligible for arthroplasty</u>: radiographic evidence of advanced arthritis (joint space narrowing), unrelenting pain despite use of NSAIDs, steroid injections; no evidence of infection.

<u>Delayed eligibility:</u> Diabetes with A1c > 7.5, CHF NYHA class 4 (EF < 20%), angina within last 3 weeks, MI within last 6 months, Child Pugh class C, OSA score ≥ 3 needs sleep study prior to surgery. Ortho will tx with intraarticular corticosteroids, arthroscopy, PT.