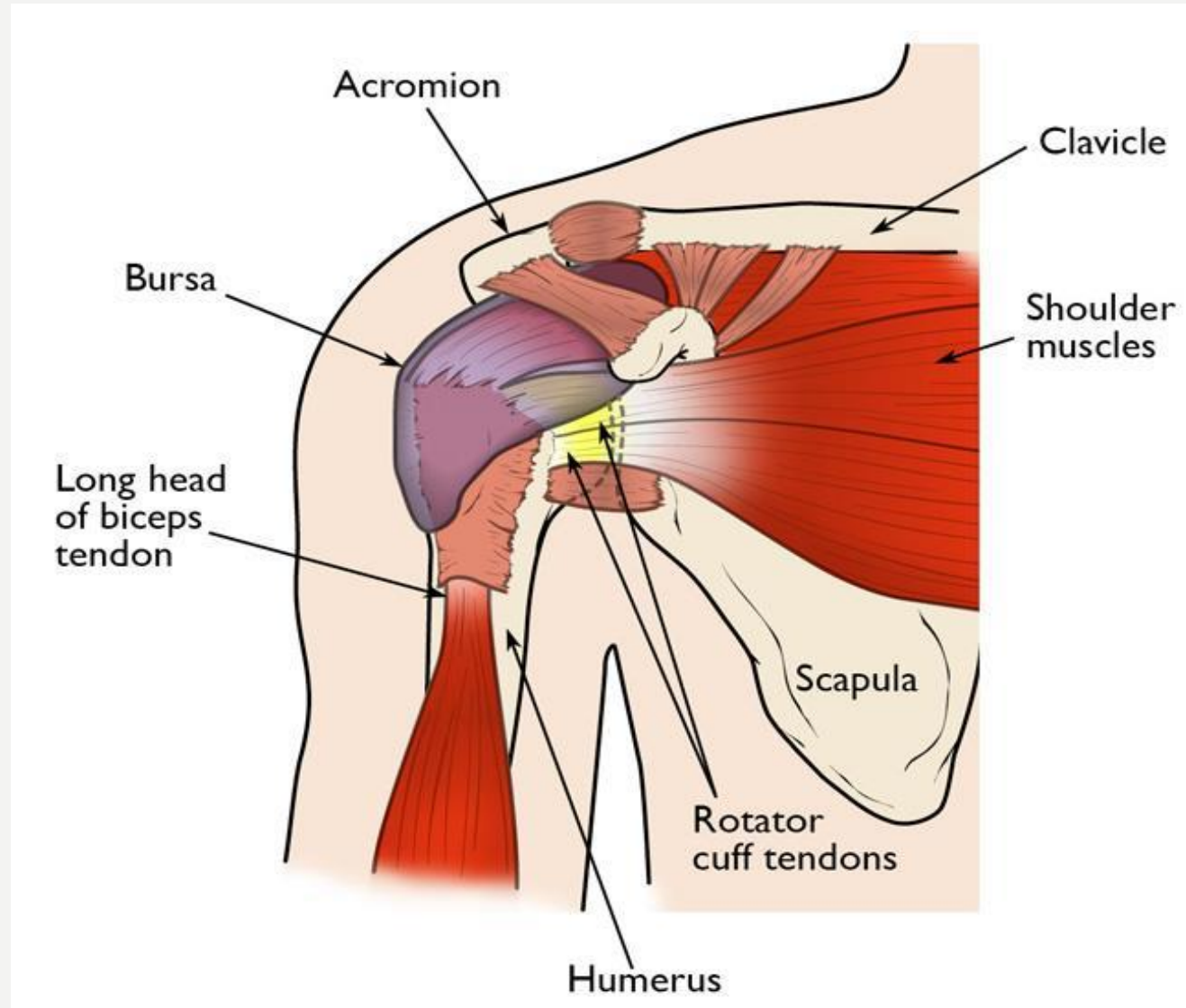


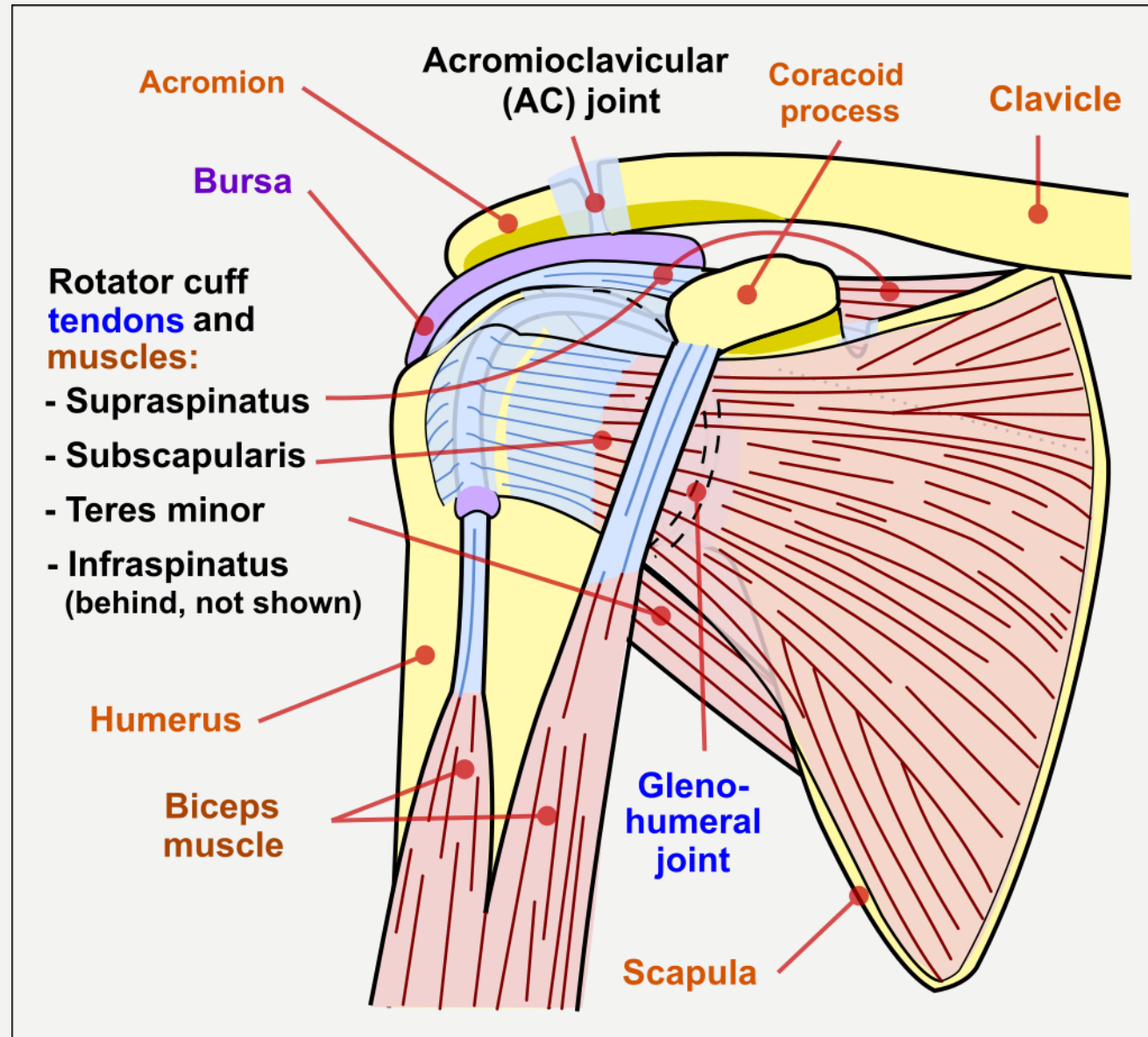
APPROACH TO SHOULDER PAIN

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SHOULDER STRUCTURE



SHOULDER STRUCTURE



HISTORY TAKING TIPS: OPQRST

- ONSET
- PALLIATING FACTORS/AGGRAVATING FACTORS
- QUALITY OF PAIN
- RADICULAR OR REGIONAL PAIN
- SEVERITY
- TIMING /FREQUENCY OF COMPLAINTS

FOLLOW THE ASSESSMENT OF MSK STRUCTURE

- INSPECTION
 - ANY DEFORMITY
- PALPATION
 - SIGNS OF INFLAMMATION
- RANGE OF MOTION
 - ACTIVE
 - PASSIVE
- SPECIAL TESTS/MANEUVERS
 - DEPENDS ON SUSPECTED STRUCTURE
- FUNCTIONAL DEFICIT
 - ADL= ACTIVITIES OF DAILY LIVING

WHAT CAUSES SHOULDER PAIN ?



The following Major Medical Conditions Can Cause Shoulder Pain or Shoulder Joint Pain

- Inflammation
- Rotator Cuff Tear
- Frozen Shoulder
- Shoulder Joint Instability
- Calcified Tendinitis
- Shoulder Joint Tear
- Impingement Syndrome
- Injury
- Sprain
- Pinched Nerve
- Referred Pain
- Radicular Pain
- Primary or Metastatic Tumor

WHAT CAUSES SHOULDER PAIN ?

- Major Medical Conditions Can Cause Shoulder Pain or Shoulder Joint Pain
- **Inflammation**– Tendinitis (rotator cuff tendinitis), bursitis and arthritis.
- Rotator Cuff Tear
- Frozen Shoulder
- Shoulder Joint Instability
- Calcified Tendinitis
- Shoulder Joint Tear
- [Impingement Syndrome](#)
- **Injury**– Tear of soft tissue, dislocation and fracture.
- **Sprain**– Overextension, falling on outstretched arm.
- [Pinched Nerve](#)
- **Referred Pain**– Gallbladder disease, heart disease.
- **Radicular Pain**– Cervical (neck) disk herniation or bulge disk, cervical [spinal stenosis](#).
- Primary or Metastatic Tumor of shoulder joint.

Potential Red Flag Conditions for the Shoulder (Modified From Mitchell et al²⁵)

Potential Condition	History and Examination Findings
Tumor	History of cancer Symptoms and signs of cancer, including unexplained weight loss, pain not correlated with mechanical stress, and unexplained fatigue Unexplained mass, swelling, or deformity
Infection	Red skin Fever Systemically unwell
Fracture or unreduced dislocation	Significant trauma Seizure Acute disabling pain Acute loss of motion Deformity or loss of normal contour
Neurologic lesion	Unexplained sensory or motor deficit
Visceral pathology	Pain not reproduced with shoulder mechanical stress Pain or symptoms with physical exertion or respiratory stress Pain associated with gastrointestinal symptoms Scapular pain associated with ingestion of fatty foods



**THANK YOU FOR
WATCHING**