Shoulder Pain I

Shoulder examination

Painful arc of abduction between $70^\circ$ - $120^\circ$

Impingement signs, pain on enforced passive internal rotation and abduction of shoulder

Pain on resisted rotator cuff tests**

Supraspinatus tendonitis

Rotator cuff lesion

Subacromial bursitis

Subacromial injection x1

Analgesia +/- NSAID +/- physiotherapy

No response

Repeat subacromial injection x 2

Limited/no response

Orthopaedics ESP

** Tests to detect lesions of specific tendons in and around the rotator cuff

**Tendon**

<table>
<thead>
<tr>
<th>Tendon</th>
<th>Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supraspinatus</td>
<td>Resisted (isometric) abduction with arm abducted to $90^\circ$</td>
</tr>
<tr>
<td>Subscapularis</td>
<td>Resisted (isometric) internal rotation</td>
</tr>
<tr>
<td>Infraspinatus/teres minor</td>
<td>Resisted (isometric) external rotation</td>
</tr>
<tr>
<td>Biceps</td>
<td>Resisted (isometric) supination with elbow flexed at $90^\circ$</td>
</tr>
</tbody>
</table>