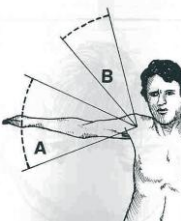




**Shoulder /elbow symptoms due to cervical spine pathology should be excluded**

**Patient presentation**

<p>Impingement: Painful arc abduction 50-130° (A)</p> 	<p>Pain – acromioclavicular Joint: -localised Tenderness -painful arc 150-180° (B)</p> 	<p>Instability: History of dislocation/ subluxation</p> <p style="color: teal;">If TUBS type case refer directly to ortho Surgeon (especially for young sportsmen)</p>	<p>Frozen Shoulder: Pain/stiffness in All directions, Especially loss Of external rotation</p>	<p>Sudden Inability to Abduct/ Externally rotate Against resistance Often following minor trauma ? Major rotator cuff tear</p>	<p>Tennis/ Golfer's elbow -localised Tenderness extensor/ Flexor origin -increase pain On wrist Dorsiflexion/ palmarflexion Against resistance</p>	<p>Post traumatic Elbow stiffness -common -usually improves With time and use -functional arc usually achieved 30-130° Extension / flexion</p> 
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**Primary Care**

<p>Physiotherapy / steroid injection</p>	<p>Physiotherapy / steroid injection</p>	<p>Physiotherapy</p>	<p>Reassure and advise to Mobilise Physiotherapy / Steroid injection</p>	<p style="color: red;">Urgent Referral</p>	<p>Advice / Reassurance -Benign self -Limiting condition -modify loading --symptomatic -Measures (steroid -Injection / physio -Splints)</p>	<p>Reassurance and Advise to Mobilise (active Movements only, no passive Stretching)</p>
↓ *	↓ *	↓ *	↓ *	↓ *	↓ *	↓ *

**Indications for referral to Secondary Care (prior X-ray usually useful)**

<p>Symptoms for 6-12 months. Failure of treatment (at least 2 steroid injections). For consideration for imaging / surgery</p>	<p>Symptoms for 6-12 months. Failure of treatment (at least 2 steroid injections). For consideration for imaging / surgery</p>	<p>Continuing Shoulder Instability For surgery To stabilise joint</p>	<p>Failure to improve For 9-12 months. For distension / Arthrography / manipulation Under anaesthetic Surgical Release.</p>	<p>Urgent Referral to Secondary Care for Ultrasound to Confirm tear and consideration Of repair</p>	<p>Surgery rarely Indicated: Failure of conservative treatment and Severe Interference With function</p>	<p>If significant (greater than 45° loss of extension or 115° flexion or less) and functional problem with no improvement after 6 months.  Refer on for consideration of Surgical release</p>
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\*: thickness of arrows indicates expected volume of referrals