

## **Most common painful conditions needing treatment in the Shoulder – Mr B Venkateswaran**

Common conditions of the shoulder – Patient Self Diagnosis

<b>Condition</b>	<b>Symptoms</b>	<b>Work Up</b>	<b>Procedures</b>
impingement	Pain shoulder, upper arm, inability to sleep at night on the side, clicking, pain on certain movement and above shoulder level, no trauma	Xray of shoulder Ultrasound Scan Rarely MRI scan	Arthroscopic Acromioplasty +/- Acromioclavicular joint excision

<b>Condition</b>	<b>Symptoms</b>	<b>Work Up</b>	<b>Procedures</b>
Acromio-clavicular (AC) joint strain	Pain shoulder felt more on top of shoulder, inability to sleep on the side at night, pain moving arm above shoulder level, trauma	Xray of shoulder Ultrasound Scan	Arthroscopic AC joint excision arthroplasty

<b>Condition</b>	<b>Symptoms</b>	<b>Work Up</b>	<b>Procedures</b>
Rotator cuff tear	Pain shoulder, upper arm, inability to sleep at night, weakness, history of injury, wasting of muscle over scapula at the back	Xray of shoulder, Ultrasound MRI scan for large tears	Arthroscopic / open repair of rotator cuff

<b>Condition</b>	<b>Symptoms</b>	<b>Work Up</b>	<b>Procedures</b>
Frozen Shoulder	Pain shoulder, no definite trauma, stiffness with inability to reach above and behind back, no rotations at shoulder	Xray +/- Ultrasound scan	Physiotherapy, injection MUA, Arthroscopic release

<b>Condition</b>	<b>Symptoms</b>	<b>Work Up</b>	<b>Procedures</b>
Arthritis	Stiffness, pain on any movement,	Xray, Ultrasound, MRI	Early – arthroscopic

	night pain, pain at rest, grating within joint, older age usually above 65		debridement, Late- joint replacement, Surface replacement
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<b>Condition</b>	<b>Symptoms</b>	<b>Work Up</b>	<b>Procedures</b>
Unstable – unidirectional	Injury with dislocation, discomfort/feeling of apprehension in certain position of arm	Xray, MRI arthrogram, CT arthrogram	Arthroscopic or open stabilisation or Labral repair

<b>Condition</b>	<b>Symptoms</b>	<b>Work Up</b>	<b>Procedures</b>
Instability –Multi directional	No trauma, clunks, discomfort, feeling of a dead arm, other lax joints like the elbow , thumb, knee	Clinical assessment, xray, rarely MRI arthrogram	Physiotherapy is mainstay, rarely Capsular shift or plication operation

<b>Condition</b>	<b>Symptoms</b>	<b>Work Up</b>	<b>Procedures</b>
SLAP Lesion	Traction injury, clicking in joint, pain on movement,	Xray, MRI Arthrogram	SLAP repair

<b>Condition</b>	<b>Symptoms</b>	<b>Work Up</b>	<b>Procedures</b>
Acomioclavicular (AC) joint dilocation	Fall/ impact onto point of shoulder, prominent outer end of collar bone, pain,	Xray to define the degree of injury	Open or arthroscopic fixation of the AC dislocation

**Consultant or Specialist.....Mr B Venkateswaran**