



Assessment of the Shoulder

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General Orthopaedic Surgeon
Upper Limb, Hand & Knee Injuries

*Also Consulting from
Wayville, Western and Central Districts*

Gavin Anthony Nimon

University of Adelaide- intern 1990 bst 91-93

Edinburgh/ Newcastle –Orthopaedic Registrar 1994

Advanced Trainee –Orthopaedics 1995-1998

Senior Registrar Year 1999 QEH

Senior Registrar/ Consultant PMR Edinburgh

Consultant DGRI 2000-2005

Senior Visiting Medical Specialist- QEH

Medical officer Glenelg Football Club



Shoulder Conditions- Non traumatic

Extra-articular

Cuff- bursitis/ acute calcific tendinopathy
tendinopathy
tear

Intra-articular

Adhesive Capsulitis

OA- Primary

Secondary

Inflammatory/ RA

Labrum- SLAP/ Biceps

Intraosseous - AVN

Shoulder conditions- traumatic / Urgent

Fracture-

- neck of humerus
- clavicle

Dislocation-

- AC joint
- Gleno humeral joint

Septic arthritis

History

- Age of patient
- Length of symptoms
- Trauma?
- Site of pain
- Family history
- Smoking / Diving/ Alcohol
- Loss of function and ROM

Assessment: - examination

Examination: -

Exclude neck

Tenderness

Range of motion

Arc of motion

Crepitus

Specific tests

Neer's and Hawkins impingement

ER power and Hawkins SS test

Adduction/ scarf / Cross arm adduction

Speeds/ Yergason's

Neurology

Investigations: -

X-rays (Ap, axillary and lateral scapular)

Exclude oa (see state of ac joint and G-H
subluxation)

15 degree uptilt view for ac joint

Ultrasound- confirm impingement- less important

MRI- more accurate for above and cuff tear

Injection as diagnostic

For fracture CT with 3d reconstructions useful



Treatment options for cuff problems

- Rest, NSAID's
- Physiotherapy- always
- Steroid Injections- try at least 1
- Surgical decompression
- Arthroscopic has replaced open as surgical Tx of choice

Cuff tear does not mean surgery
but

If no better, failure of conservative
management does not mean nothing!!







Acute dislocation shoulder

< 30 y.o.a - >85% chance of redislocation

Usually due bankart (labral Injury)

Recommend arthroscopic assessment



If not sure
Just like
“who wants to be a millionaire”

Phone a friend

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Gavin Nimon- GP advice line