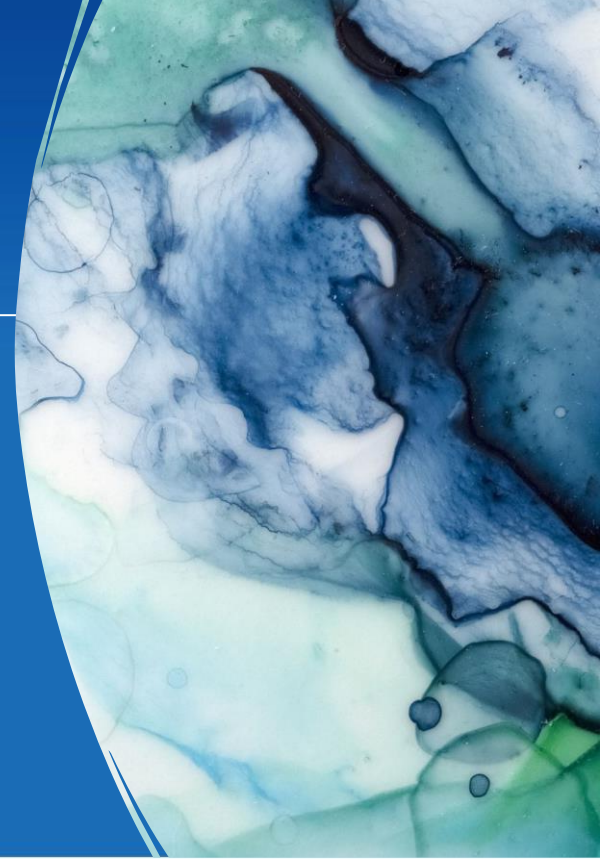


# Shoulder Pain Assessment

Mr Muiris Kennedy, Consultant Orthopaedic Surgeon  
Beacon Centre for Orthopaedics



## Four questions

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Age

Location of pain

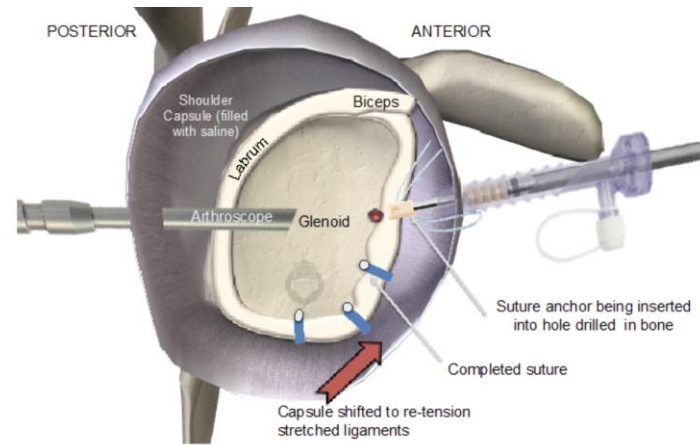
Trauma ?

Stiffness ?



18-40 years

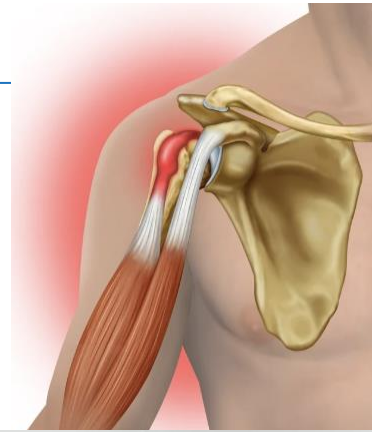
- Instability



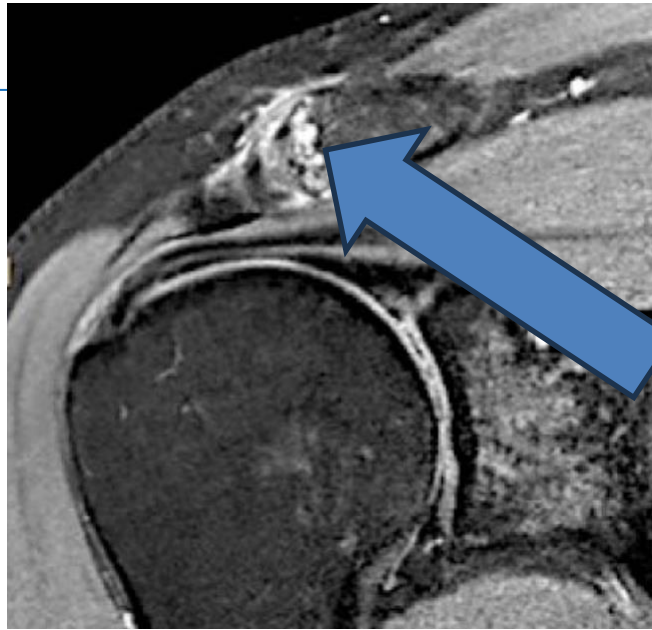
18-40 years

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- LHB tendonitis



18-40 years

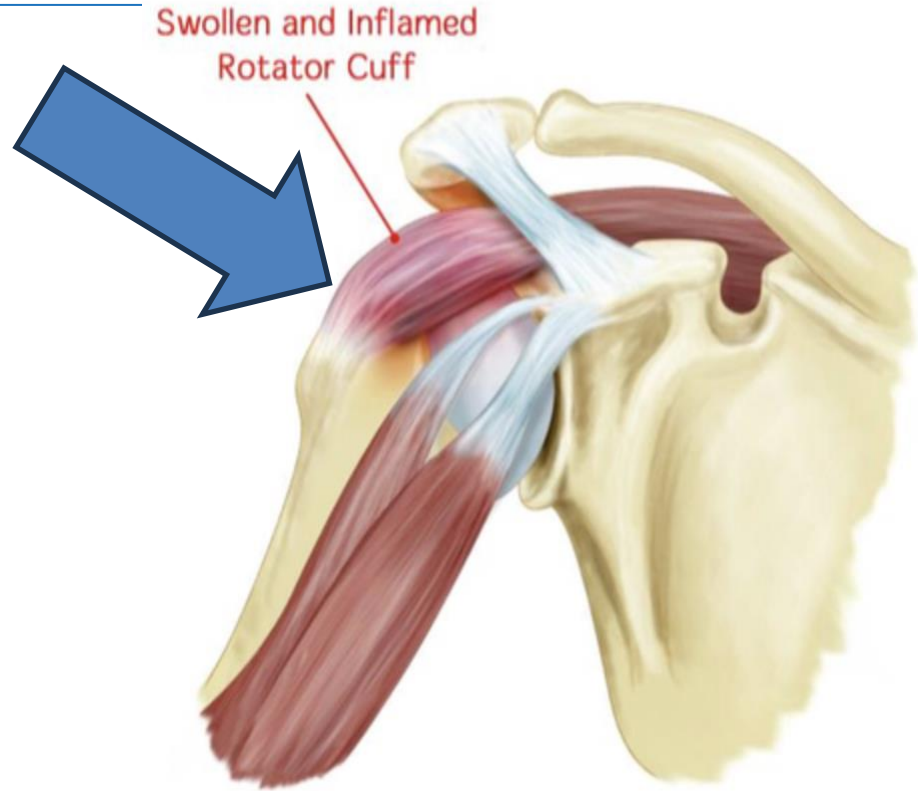


- AC joint pain

barbell bench press

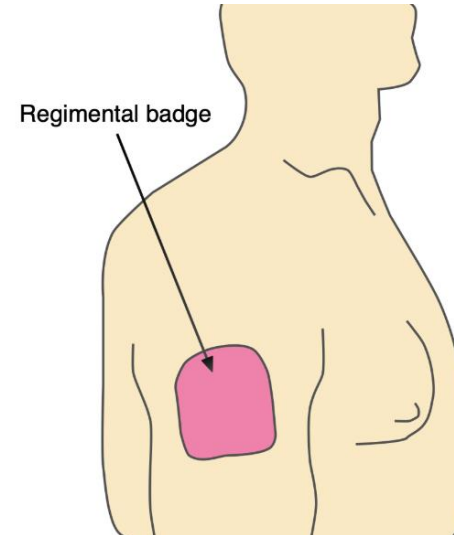
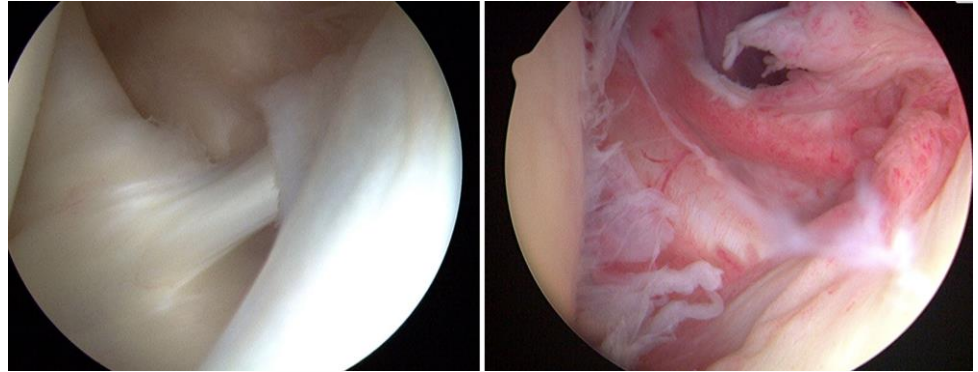


- Tendinopathy

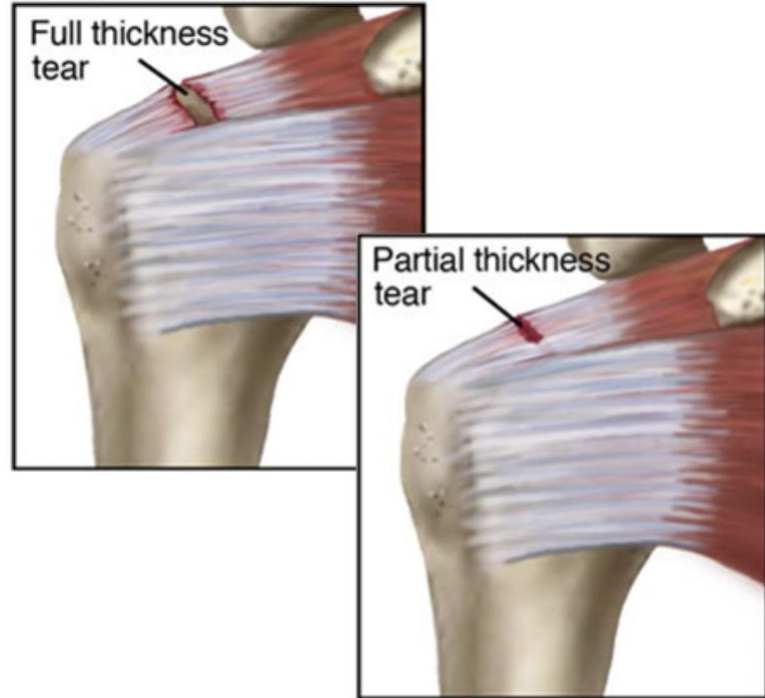


Rotator Cuff Tendinopathy

- Adhesive capsulitis

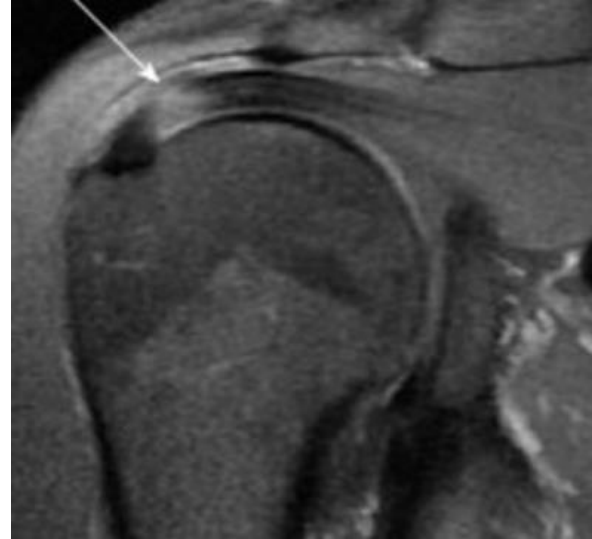


- Tendon Tear





- Tendinopathy



- Rotator cuff tear



## Gleno-humeral Arthritis

- GH joint arthritis



# Location of pain

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## C-spine aetiology



## Shoulder aetiology



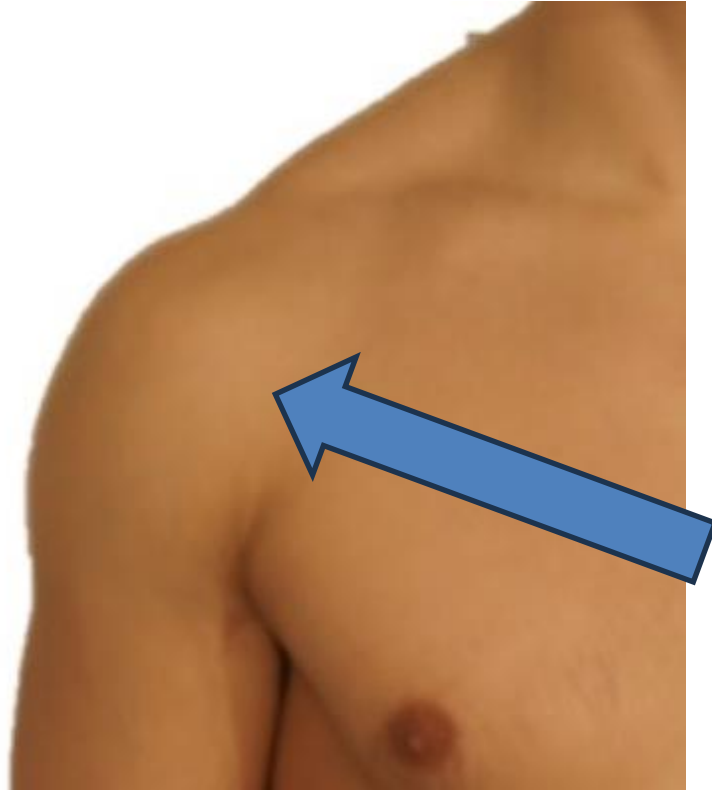
## Location of pain

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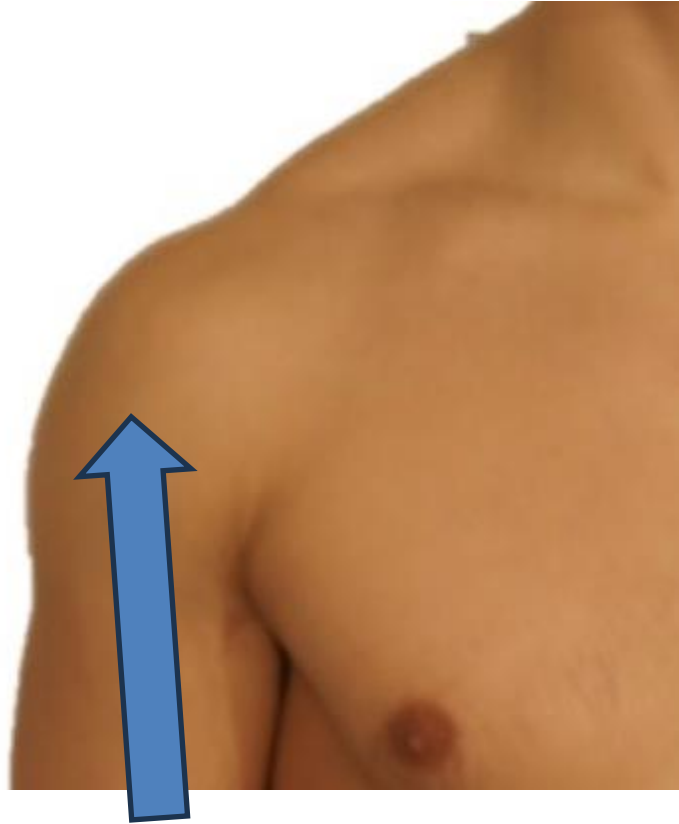
## Location of pain

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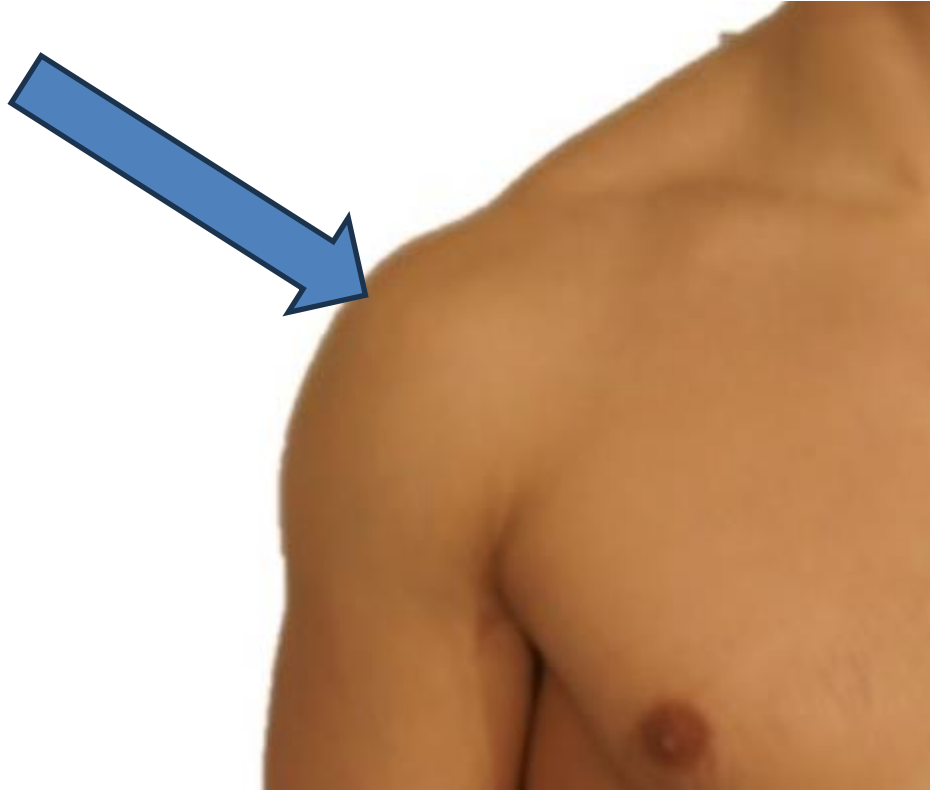
## Location of pain

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## Location of pain

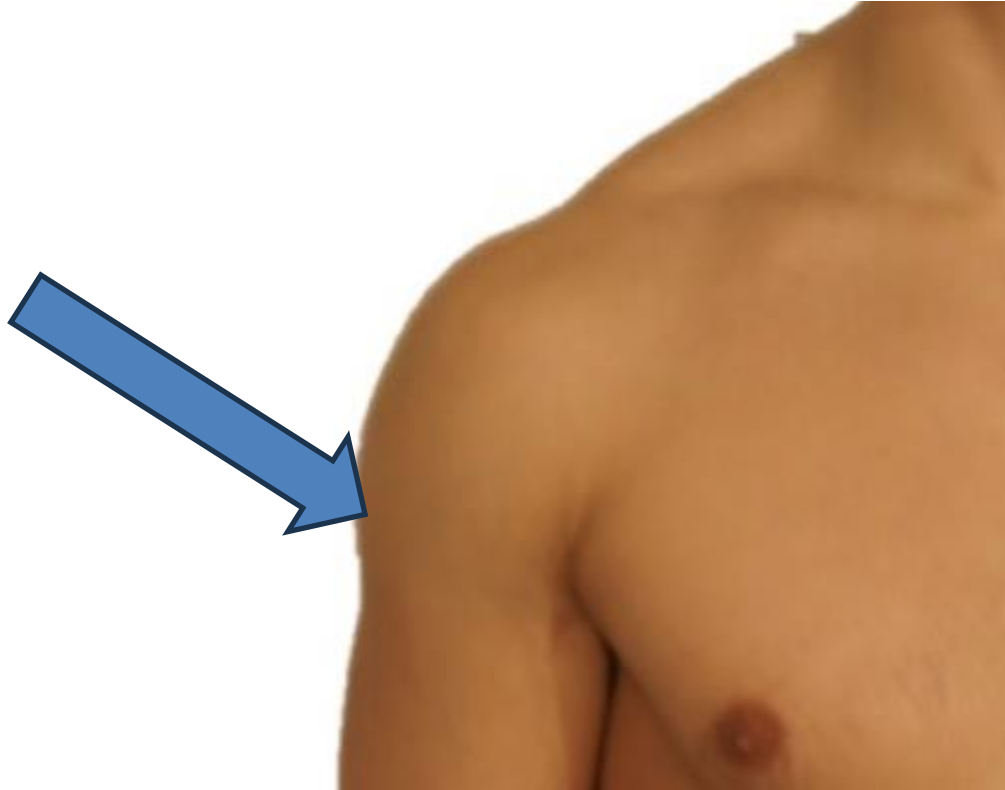
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## Location of pain

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### Possible Consequences

- Fracture / Dislocation



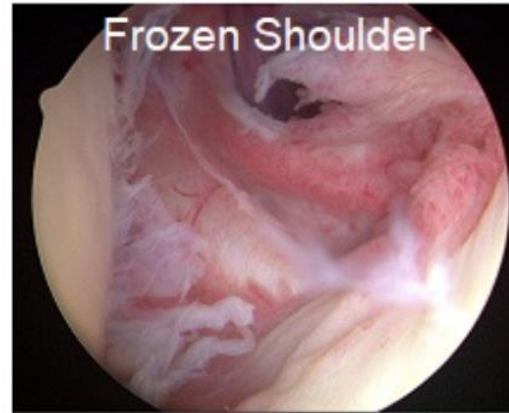
### Possible Consequences

- Tendon tear



### Possible Consequences

- Adhesive capsulitis



## Trial of non operative Rx

- Degenerative tears
- Smaller tears
- Partial tears
- Irreparable tears
- Age/Comorbidities

## Non operative treatment

- Reassurance
- Steroid subacromial injection (max 3)
- Analgesia
- Physio

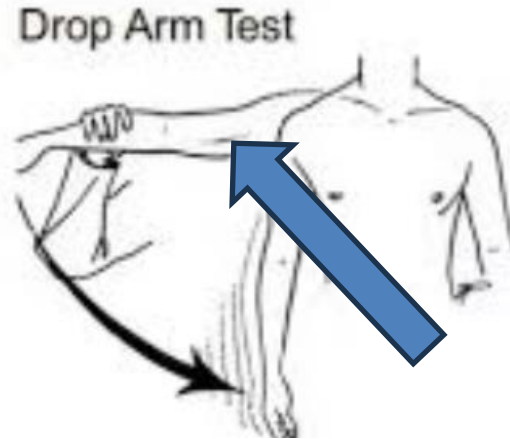
## Operative Rx

- Failure of non operative management
- Medium or large full thickness tears
- Traumatic tears
- Younger age
- Persistent weakness

# Signs of a tendon tear

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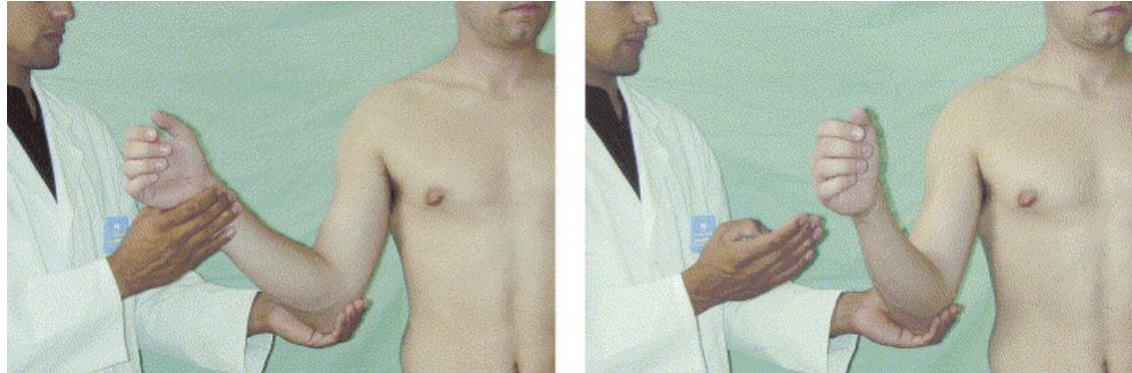
- Drop arm test



# Signs of a tendon tear

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- External lag sign

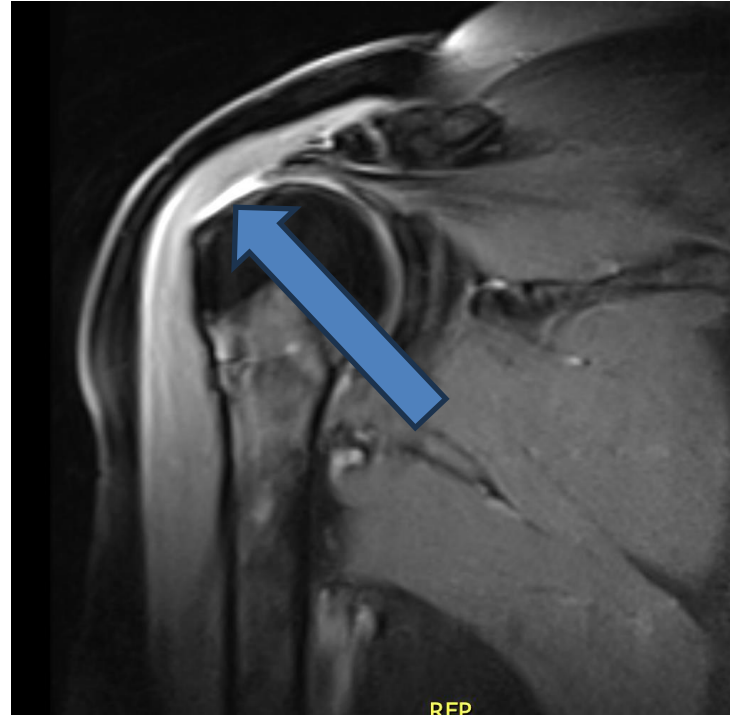




## Signs of a tendon tear

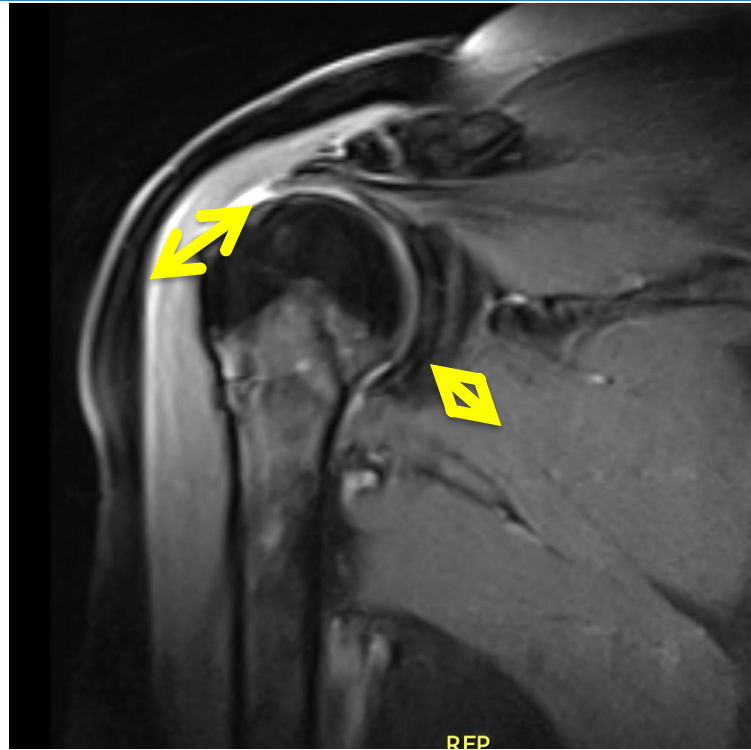
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- Crepitus or click in subacromial area



## Tear size

Coronal (AP) – 3cm



## Tear size

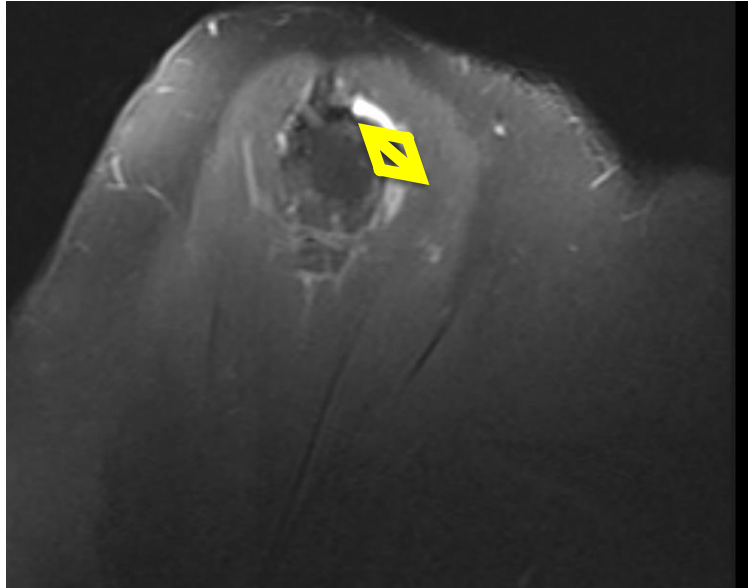
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Saggital (lateral)

Small <10mm

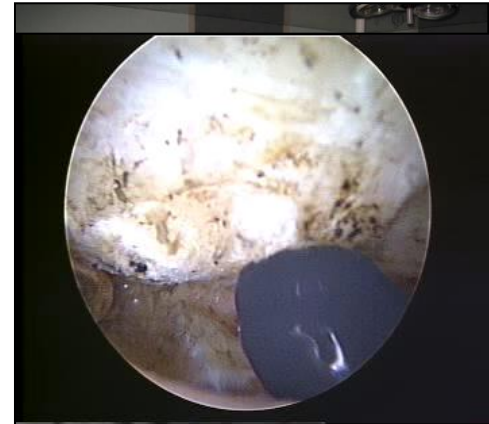
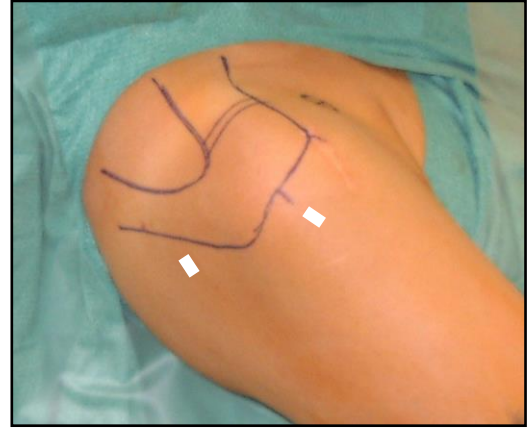
Medium 10-20mm

Large >20mm

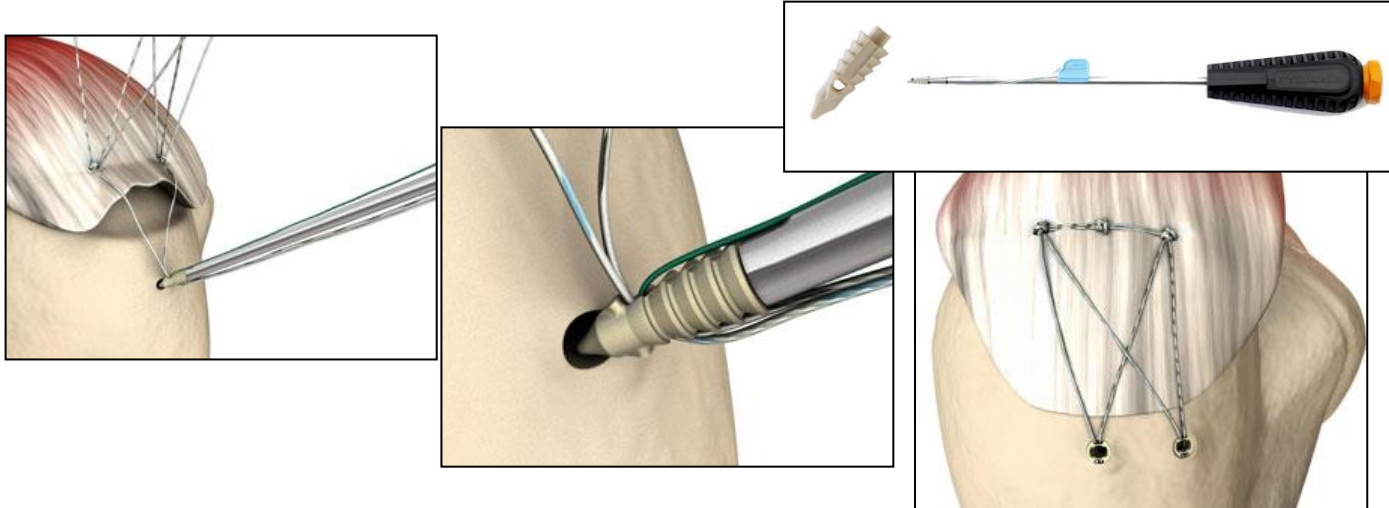


# Arthroscopic Rotator Cuff Repair

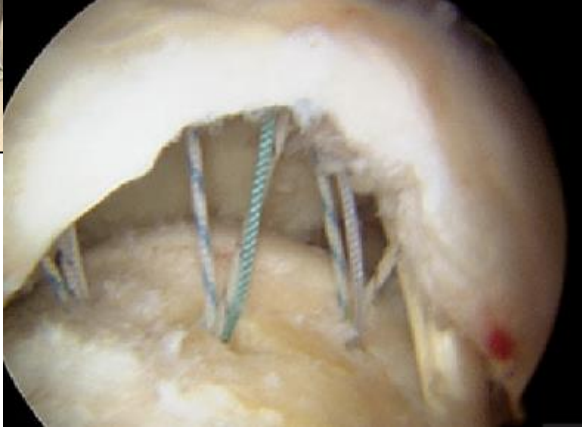
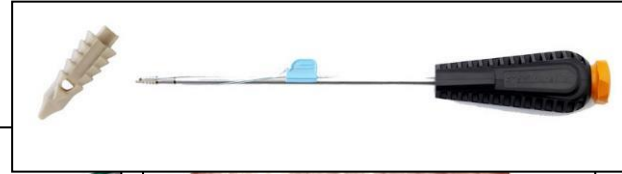
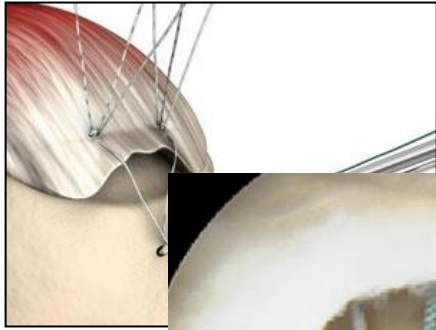
- Overnight stay / Day case
- Drive 6-7 weeks
  - Desk top 2-4 weeks
  - Manual work 3 months
- Healed
  - 6 weeks 60%
  - 3 months 85%



# Double row repair



# Double row repair



## Summary

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- Age
- Location of pain
- Trauma
- Stiffness

# Thank you