

**Clinical Guideline:** Other Shoulder Disorders Site: FPH

**GLENOHUMERAL JOINT OSTEOARTHRITIS**

**History**

Typically occurs in older people, or following traumatic injury in younger people.

Chronic pain that is worse on movement.

Less specific distribution of pain than other shoulder disorders.

Decreased range of motion, both actively and passively.

* **Referral Guidelines**
* Consider referral if:
* General approach to OA with general advice about modifying activities, pain relief and referral to physiotherapy. When conservative measures fail, refer to secondary care.

**INSTABILITY DISORDERS**

**History**

Usually occurs in people younger than 35 years of age.

History of dislocation/subluxation.

Common with overhead work or sports.

Symptoms may be vague (e.g. athletic young males with activity-related pains in their shoulder, or an inability to perform an overhead throw due to pain). Affected people often describe 'dead arm' symptoms - tingling, weakness, numbness, shoulder fatigue, clicking, locking, or a 'popping' sensation. Increased laxity and pain on testing.

**Referral Guidelines**

Consider referral if: acute dislocation is suspected, refer immediately to an Emergency Department.

**Advice & Treatment**

If there is a history of recurrent dislocation or instability:

* Advise avoidance of activities precipitating instability symptoms (e.g. bench pressing, kayaking, overarm throwing).
* Refer to physiotherapy for stability/strengthening programme.
* Refer to an orthopaedic specialist.
* Consider early referral if:
* The person is younger than 30 years of age.
* The shoulder pain is particularly disabling (e.g. athletes involved in overhead sports, or people involved in heavy manual labour).

**ACROMIOCLAVICULAR JOINT DISORDERS**

**History**

Injuries usually occur in people 20-50 years of age, more commonly in men, mostly in people involved in contact sports, or following a fall on to the shoulder (e.g. rugby, skiing, cycling).

* Localised joint tenderness and limitation of movement due to pain. Pain can also occur on top of the shoulder, especially when the arm is brought across the body, or during weightlifting activities. Deformity of the acromioclavicular joint suggests dislocation.
* Osteoarthritis of the acromioclavicular joint tends to occur in older people.

**ANTERIOR DISLOCATION**

**History**

History of trauma. Typically involves a fall with the arm externally rotated and abducted.

Pain and muscle spasm.

Empty space below the acromion (empty socket) with the humeral head anterior.

Limited movement.