

(I think) There are only 2 diagnoses  
for Shoulder Pain (For GPs)\*

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*\* I am often wrong...but please bear with me*

- What are they?

*Frozen shoulder*

*Rotator cuff disorder*

- What 'special test' do you perform for diagnosis?

*External rotation*



\*\*\*If external rotation is painful then the patient has a frozen shoulder

\*\*\*If not painful then they have a rotator cuff disorder

Simples

# Rotator cuff disorders

- 95% due to problem with supraspinatus.
- If patient is **>40** and has a rotator cuff disorder (shoulder pain and worse with external rotation), then they have **OA changes in the AC Joint.**
- If patient **<40** and has a rotator cuff disorder, then they have **hypermobility.**