

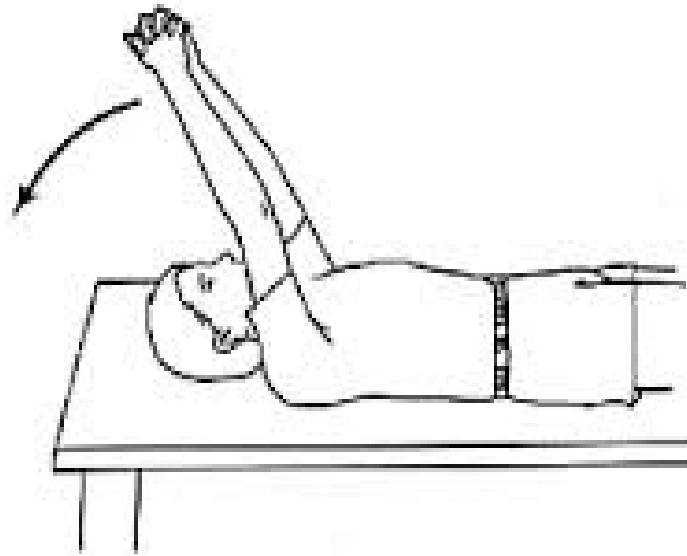
MUSCULOSKELETAL SHOULDER MANAGEMENT

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Extended scope practitioner
February 2015

FROZEN SHOULDER

- ◉ CSP guidelines 2011
- ◉ Adhesive capsulitis of the shoulder. Neviaser and Neviaser. J Am Acad Orthop Surg 2011;19:536-542
- ◉ Speciality Update: Upper Limb. Frozen Shoulder. Robinson, Seah, Chee, Hindle, Murray. Bone Joint Surgery Br 2012;94-B:1-9
- ◉ Frozen shoulder contracture syndrome - aetiology, diagnosis and management. J Lewis. Manual Therapy 2015

FLEXION IN LYING



ROTATOR CUFF TEARS

- ▣ Ainsworth Protocol for massive irreparable RCTs
- ▣ A prospective RCT of a rehabilitation programme for patients with diagnosis of massive rotator cuff tears of the shoulder 2009. Lewis, Ainsworth, Conboy. *Shoulder and Elbow*, 55-60
- ▣ Shoulderdoc.co.uk - the deltoid rehab programme
- ▣ Injection Therapy/USG if pain limits progress
- ▣ If ISQ - refer on

LINK FOR AINSWORTH PROTOCOL

- <http://www.shoulderdoc.co.uk/article.asp?article=1028>

TRAUMATIC SHOULDER DISLOCATION

- ▣ Discharged to physio from trauma clinic review
- ▣ Early mobilisation - sling removed at 1 week
- ▣ Apprehension test at 3 and 6 weeks
- ▣ MRI if <40, overhead activity, sports++

Opportunity to refer back to consultant -
protected slots

- ▣ 2 groups -
 - RCT - USS +/- IT with rehab
 - Labral pathology - orthopaedic opinion +/- MRarthrogram

CLOSED CHAIN PROPRIOCEPTION



OPEN CHAIN PROPRIOCEPTION



1



2

SUBACROMIAL IMPINGEMENT SYNDROME

- ◉ CSP guidelines 2005
- ◉ Level of evidence 1a-IV
- ◉ Grading of recommendations A-GPP
- ◉ Differential Diagnosis Chart

ACTIVE/RESISTED LATERAL ROTATION IN NEUTRAL



CONCLUSION 1

- OBJECTIVE ASSESSMENT
- 1. Passive lateral rotation in neutral
- 2. Active flexion/abduction in standing
- 3. Resisted lateral rotation in neutral

CONCLUSION 2

- ◉ Frozen shoulder (non inflammatory) -P.LR N stretches in lying - sustained to tolerable discomfort
- ◉ RCTs- **A.FIS/AIS** Ainsworth protocol
- ◉ Labral pathology - **DEEP PAIN/FATIGUE.**
Young shoulder dislocations - proprioception work - open in lying or closed with weight bearing against a wall/desk
- ◉ SIS -R.LR N - strengthen posterior cuff - side lying, active lateral rotation

○ Any Questions?