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PBL-V

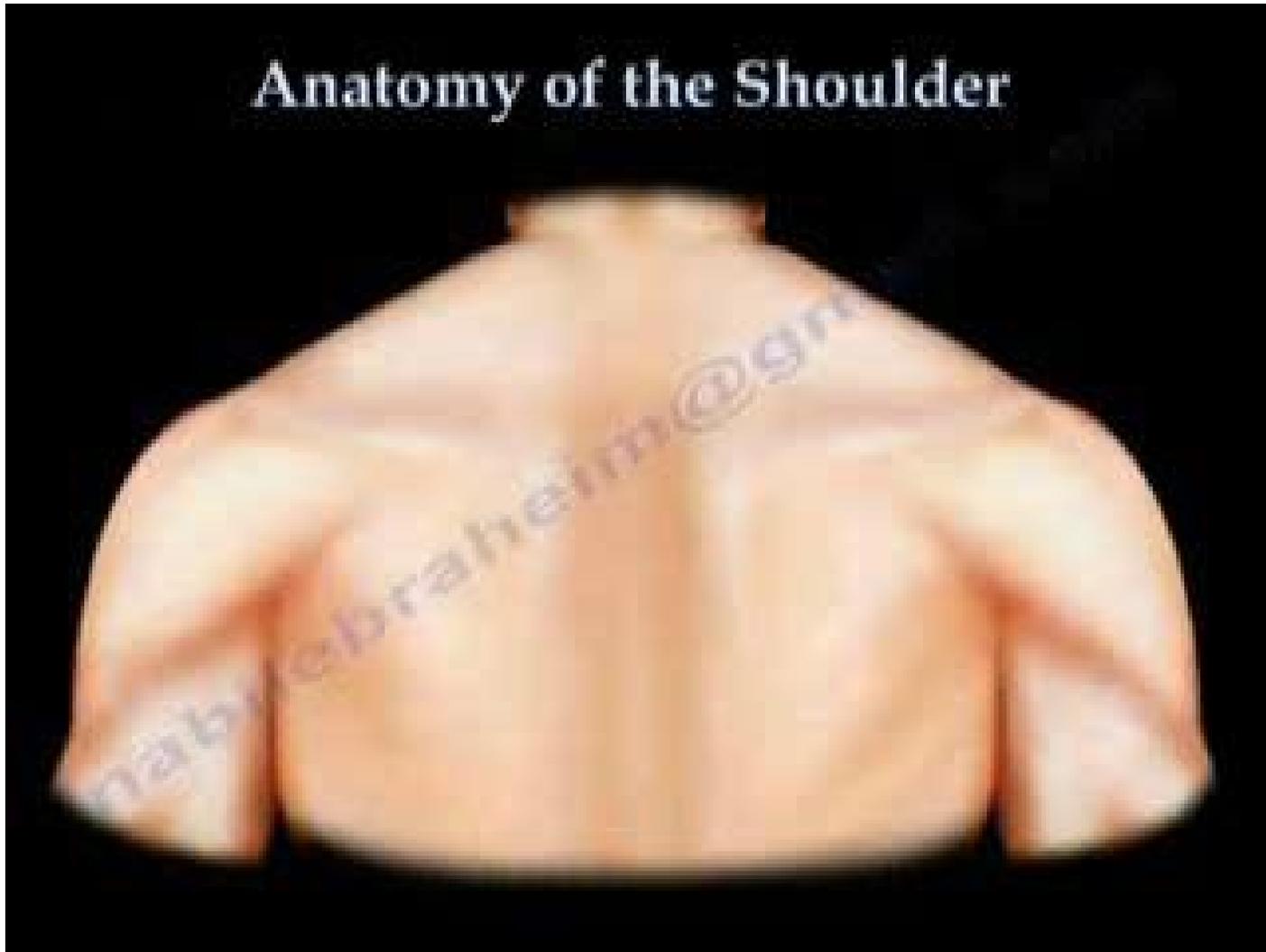
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Quick Revision

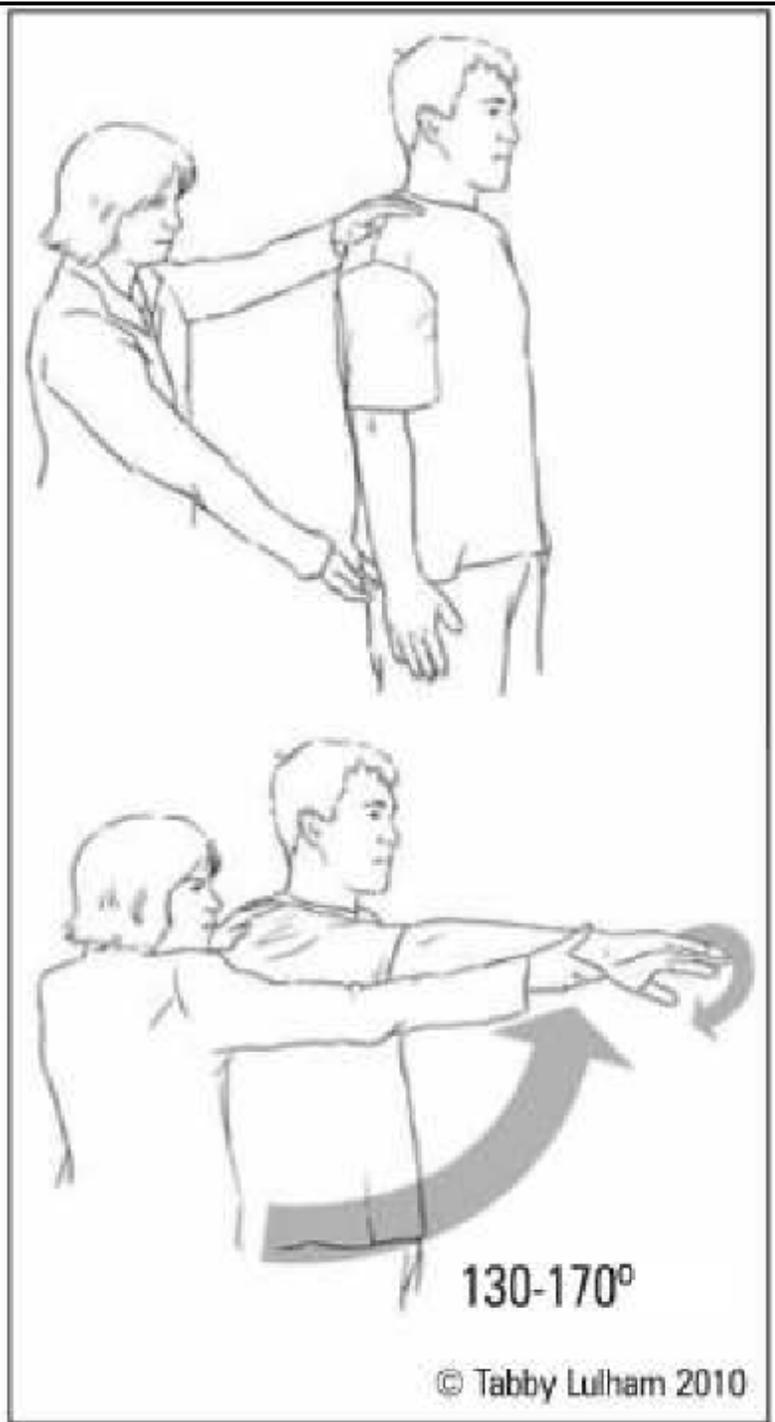
Anatomy of the Shoulder



Rotator Cuff Special Tests

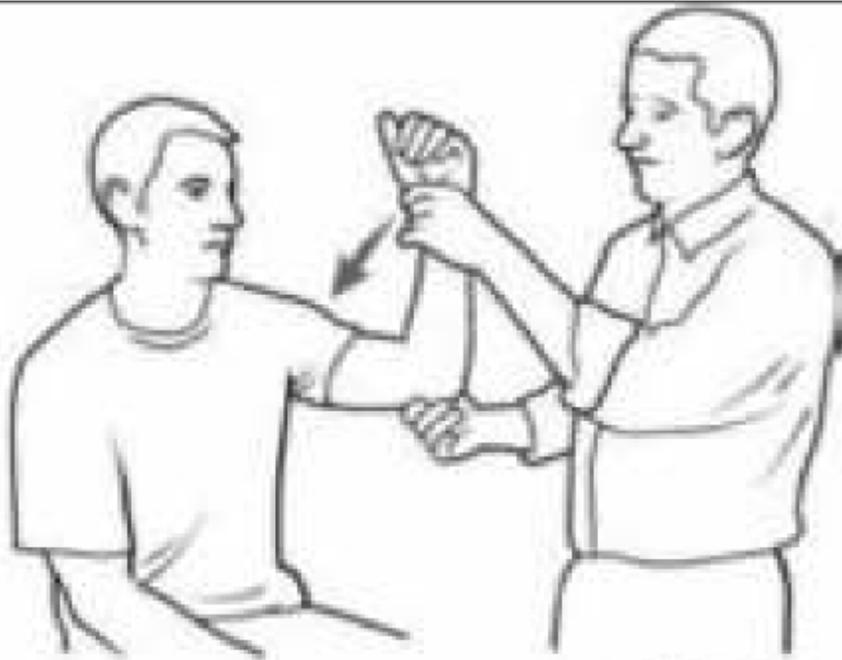
Neer's Test

- Test for rotator cuff impingement



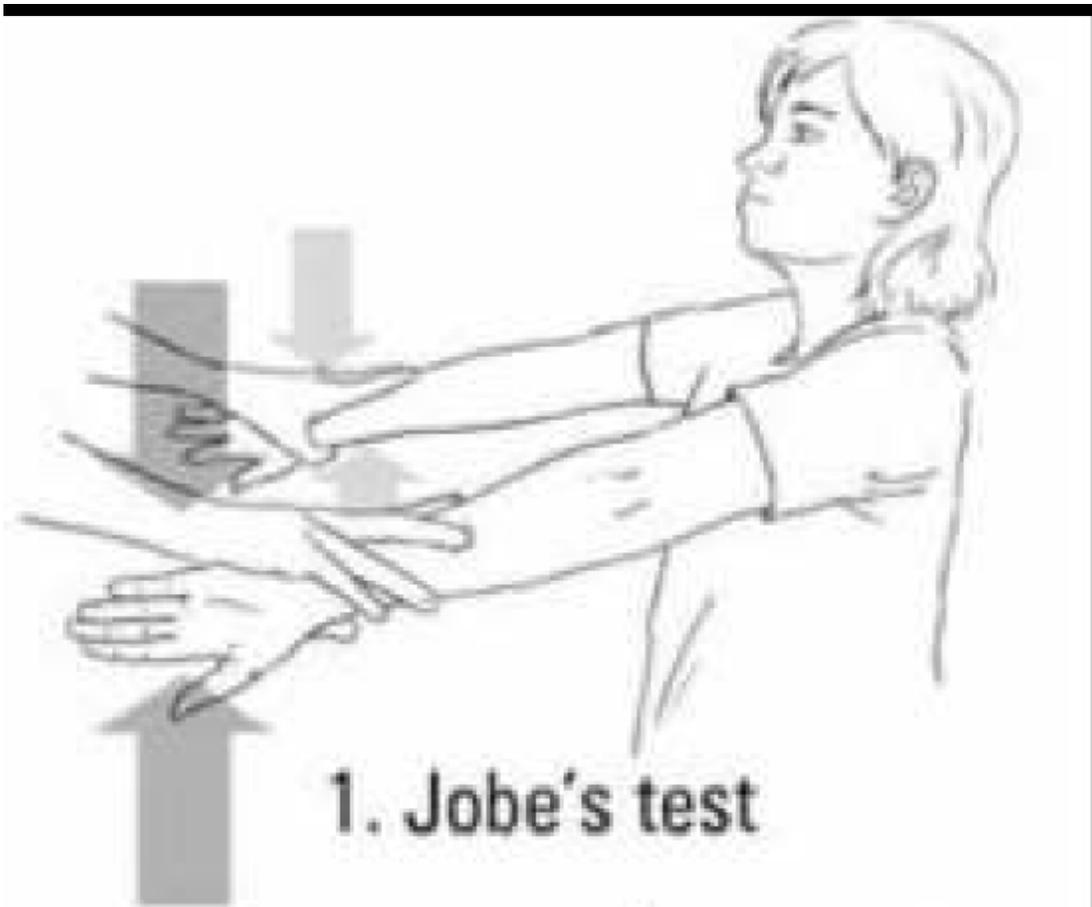
Hawkin's test

- Second test for impingement



Jobe's Test

- Test for supraspinatus tear



Lift Off Test



- Test for subscapularis tear

Posterior Cuff Test

- Test for posterior cuff tear



Frozen Shoulder

Adhesive Capsulitis

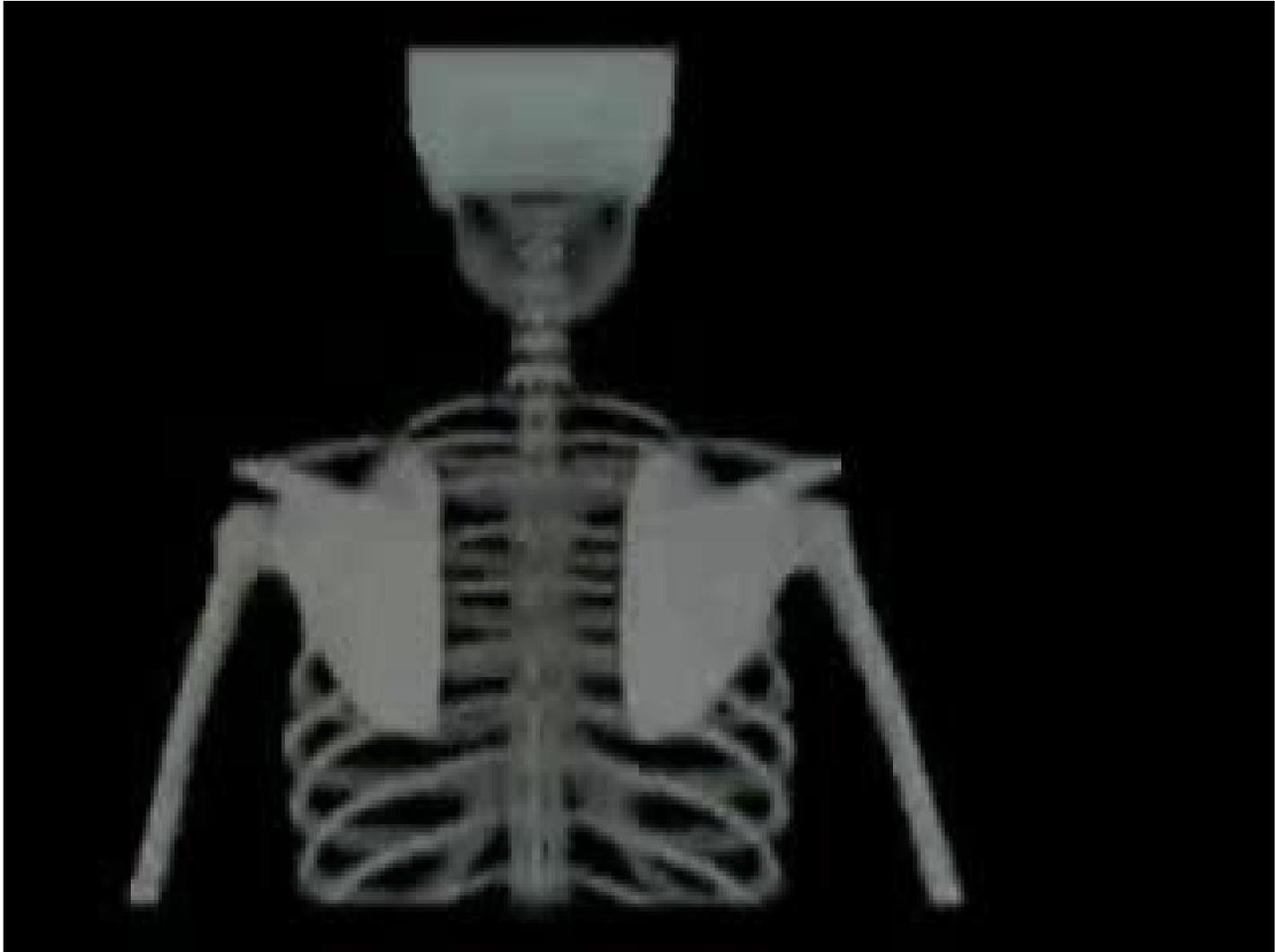
Definition

- Disorder characterized by progressive pain and stiffness of the shoulder usually resolving spontaneously after 18 months

Mechanism

- Primary adhesive capsulitis
 - idiopathic, usually associated with diabetes mellitus
 - may resolve spontaneously in 9-18 months
- Secondary adhesive capsulitis
 - due to prolonged immobilization
 - *shoulder-hand syndrome* - type of reflex sympathetic dystrophy characterized by arm and shoulder pain, decreased motion and diffuse swelling
 - following myocardial infarction, stroke, shoulder trauma

New Research



Clinical Features

- Gradual onset (weeks to months) of diffuse shoulder pain with:
 - decreased active and passive ROM
 - pain worse at night and often prevents sleeping on affected side
 - increased stiffness as pain subsides: continues for 6-12 months after pain has disappeared

Risk Factors

- Prolonged immobilization (most significant)
- Gender
- Age > 49 years
- Diabetes mellitus (5x)
- Cervical disc disease
- Hyperthyroidism
- Stroke
- Myocardial infarction
- Trauma

Work-Up

- The diagnosis is confirmed by arthrography, in that only a limited amount of contrast material, usually <15 mL, can be injected under pressure into the shoulder joint.

Management

- Active and passive ROM (physiotherapy)
- NSAIDs and steroid injections if limited by pain
- MUA (manipulation under anesthesia) and early physiotherapy
- arthroscopy for debridement/ decompression

Prognosis

- In most patients, the condition improves spontaneously 1–3 years after onset. While pain usually improves, most patients are left with some limitation of shoulder motion.

Thank You