

Over 50's Shoulder Pain

Quick Assessment and Treatment Pathway

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Subjective



Objective

STANDING

- Quick scan Posture
 - alignment
 - Scapular
 - girdle/ humeral head
- G/H Active ROM
 - elevation (scapular plane)
 - Ext.Rotation
 - Hand Behind Back – Int.Rotation
- Scapular
 - Shrug
 - Retraction
- “Quick Fix” Test

SUPINE

- Passive ROM
- Elevation
 - External Rotation
- Posterior Capsular Quick Test
- Touch
 - Subscapularis
 - Lev Scapular
 - Supraspinatus

Additional TESTS (if interested)

- Strength (External Rot, Internal Rot), Cervical Spine referral , Thoracic spine, Impingement Tests (should already know), Reflexes, A/C Joint, Neural Tension Tests, thoracic outlet.
- be aware of Persistent pain behaviour(note how long pain has been present)

IMPINGEMENT / BURSITIS/ TENDINOPATHY

FINDINGS

- Scapular dyskinesia
- Limited Active Shoulder Forward Flexion/External Rot / Internal Rot. (HBB)
- Minimal Passive Restriction
- Improved R.O.M with Quick Fix Test
- Tight Posterior Capsule
- Tender Supraspin. and subscapularus

TREATMENT PATHWAY

Physio

- Post capsular tightness release
- Scap posture correction
- Tigger Point Subscap, Supraspin, Infraspin, Pec minor.
- Pain Free Exercise
 - Active – isometric/ isotonic
 - Open and Closed Chain

FROZEN SHOULDER / BURSITIS

FINDINGS

- Scapular dyskinesia
- Limited Active Shoulder Forward Flexion /External Rot/ Internal Rot (HBB)
- Restrictive Passive g/h movement
- Tight Posterior Capsule

TREATMENT PATHWAY

Physio

- End of Range Stretch as Tolerated
- Scapular Posture Correction
- Global Soft tissue release
- Pain free exercise
 - Passive and Active
- ±G/H injection (and maybe bursa)

ROTATOR CUFF TEAR / BURSITIS

FINDINGS

- Scapular dyskinesia
- Variable Active Shoulder limitation (most likely with Forward Flexion and External Rot)
- Variable stiffness (most likely Internal Rot)
- Tight Posterior Capsule
- Weakness in cuff- External Rot, Internal Rot, supraspin.

TREATMENT PATHWAY

Physio

- Post Capsular Release
- Scapular Posture Correction
- TP subscap, supraspin., Infraspin., Pec minor
- Pain free exercise
 - Active -isometric/ isotonic
 - Open and Closed
 - Passive (if stiff)
- ±Bursa injection
- ±Orthopaedic referral

