



## Scotland PBSG Learning Programme

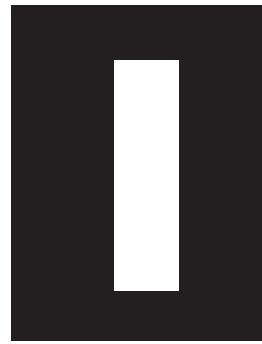


## The Foundation for Medical Practice Education

### Practice Based Small Group Learning (PBSG) International

McMaster University  
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## INTRINSIC SHOULDER PAIN

Shoulder pain is a very common problem that affects approximately 20% of the general population at some point in their lives. The vast majority of these patients can be assessed and managed successfully in primary care. To achieve this, general practitioners must be able to confidently differentiate between different shoulder problems.

This can be a challenging task as clinical features and presentations often overlap. There are two main types of shoulder problems – intrinsic and extrinsic. Extrinsic problems include conditions such as referred pain, polymyalgia rheumatica and malignancies.

Intrinsic shoulder problems are much more common and include rotator cuff, glenohumeral and acromioclavicular disorders and will be the main focus of this module.

This module will enable clinicians to:

1. Undertake a systematic and thorough clinical history and conduct a targeted physical examination before making a confident and accurate diagnosis of common intrinsic shoulder problems;
2. Investigate shoulder problems through appropriate application and selection of clinical tests and imaging modalities;
3. Be aware of the different available management options, including which patients to refer.

### CASES

#### Case 1: Angela, female, age 57

Angela, a childcare worker, presents with a two-month history of right shoulder pain.

*What further information would you want to obtain while taking a clinical history*