

The Atlantic Provinces Medical Peer Review



MANAGEMENT OF SPECIFIC DISEASE ENTITIES

Orthopaedics # 3 FROZEN SHOULDER

It is important to note that these guidelines are meant to be of assistance to assessors in making observations. They should not be taken as standards of any of the Atlantic Provinces Licensing Authorities.

Risk factors: age; diabetes; prolonged immobilization; systemic diseases
Etiology: idiopathic; trauma; diabetes; post-inflammatory; after CVA, MI or mastectomy; thyroid disease; avascular necrosis; TB; scleroderma; rheumatoid arthritis; lung CA; COPD

Signs & Symptoms:

- ✓ pain, aggravated with movement and alleviated with rest; preceding injury; muscle atrophy;
- ✓ pain & tenderness to palpitation of shoulder; loss of active & passive ROM in all planes
- ✓ loss of natural arm swing with gait; inability to reach into back pocket or fasten garment

Stages:

- ✓ painful stage: pain with movement; shoulder ache; muscle spasm; increasing pain at night and with rest
- ✓ adhesive stage: less pain, increasing stiffness & restriction of movement; decreasing pain at night and at rest; discomfort at extreme ROM
- ✓ recovery stage: decreased pain; marked restriction with slow, gradual increase in ROM; recovery is spontaneous; frequently incomplete

Diagnosis:

- ✓ history & physical; tests: CBC, ESR, ANA, TSH, glucose
- ✓ imaging: plain radiograph, MRI; arthrography
- ✓ differential diagnosis: rotator cuff tear; tendonitis; septic arthritis; bursitis; OA; cervical OA; rheumatoid arthritis; bone neoplasm or metastases; dislocation; fracture; avascular necrosis; fibromyalgia; myofascial pain syndrome

Treatment:

- ✓ encourage shoulder ROM; physical therapy
- ✓ medications: NSAIDS; opioid analgesics; oral corticosteroids; low dose tricyclics; glenohumeral corticosteroid injection
- ✓ surgery: arthroscopic lysis of adhesions and manipulation under anaesthesia; capsular release

	N/A	E	S	D
Clinical history and physical exam are documented.				
It is evident that appropriate tests have been ordered and completed.				
Appropriate therapies are used and regularly reviewed.				

COMMENTS: _____
