Subacromial pain
- Commissioning guidelines

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**[PDF] Commissioning guide - Royal College of Surgeons**
https://www.rcseng.ac.uk/.../commissioning-guides.../subacromial-shoulder-pain-com...
Sponsoring Organisation: British Elbow & Shoulder Society (BESS), British Orthopaedic ... Royal College of Surgeons to produce its Commissioning guidance.

**BESS Patient Care Pathways and Commissioning Guidelines**
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Patient care and outcome assessment is at the forefront of most National Health Service national and local mandates. Although patient care has always been at ...

**Patient Care Pathways - Shoulder & Elbow**
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BESS/BOA Patient Care Pathways: Traumatic anterior shoulder instability, July 2015 ... BESS Patient Care Pathways and Commissioning Guidelines, April 2015 ...

**[PDF] BESS/BOA Patient Care Pathways Frozen Shoulder**
BESS care pathways

= commissioning guidelines

- subacromial pain
- traumatic shoulder instability
- frozen shoulder
- … glenohumeral arthritis

- also: best practice S&E arthroplasty, multi centre studies RCRs, arthroscopy, clavicle & proximal humeral fractures, frozen shoulder, GIRFT, DVT etc
Commissioning guide:
Subacromial Shoulder Pain
Diagnosis of Shoulder problems in Primary Care:
Guidelines on treatment and referral

Red Flags = Urgent Referral
1. Trauma, pain and weakness - ? Acute cuff tear
2. Any mass or swelling - ? Tumour
3. Red skin, fever or systemically unwell - ? Infection
4. Trauma / epileptic fit / electric shock leading to loss of rotation and abnormal shape - ? Unreduced dislocation

Is it Neck or Shoulder?
- Ask the patient to first move the neck and then move the shoulder.
- Which reproduces the pain?

Neck
- Follow local spinal service guidelines

Shoulder
- History of Instability?
  - Does the shoulder ever partly or completely come out of joint?
  - Is your patient worried that their shoulder may dislocate during sport or on certain activities?
- Is the pain localised to the AC joint and associated with tenderness?
- Is there high arc pain?
- Is there a positive cross arm test?

Primary Care
- Instability
  - Common age 15 - 35 yrs
  - Physio if Atraumatic

Refer to Shoulder Clinic
- Instability
  - Traumatic dislocation
  - Ongoing symptoms
  - Atraumatic with failed physio

Acromioclavicular Joint Disease
- Common age >30 yrs
  - Rest/NSAIDS/analgescics
  - Steroid injection
  - Physio
  - X-ray if no Improvement

Refer

Glenohumeral Joint
- Frozen shoulder
  - Common age 55-65 years
  - Arthritis
  - Common age >60 years
  - X-ray of shoulder to differentiate.
  - Rest
  - NSAIDS/analgescics
  - Patient information
  - Cortisone injection

Refer

Rotator Cuff Tendinopathy
- Common age 35-70 yrs
  - Rest/NSAIDS/analgescics
  - Subacromial injection
  - Physiotherapy

N.B. Although an ultrasound or MRI scan can be of value, some people over 65 years have asymptomatic cuff tears.

Refer

N.B. Massive cuff tears in patients > 75 years are generally not repairable.

Other cause of Neck or Arm pain