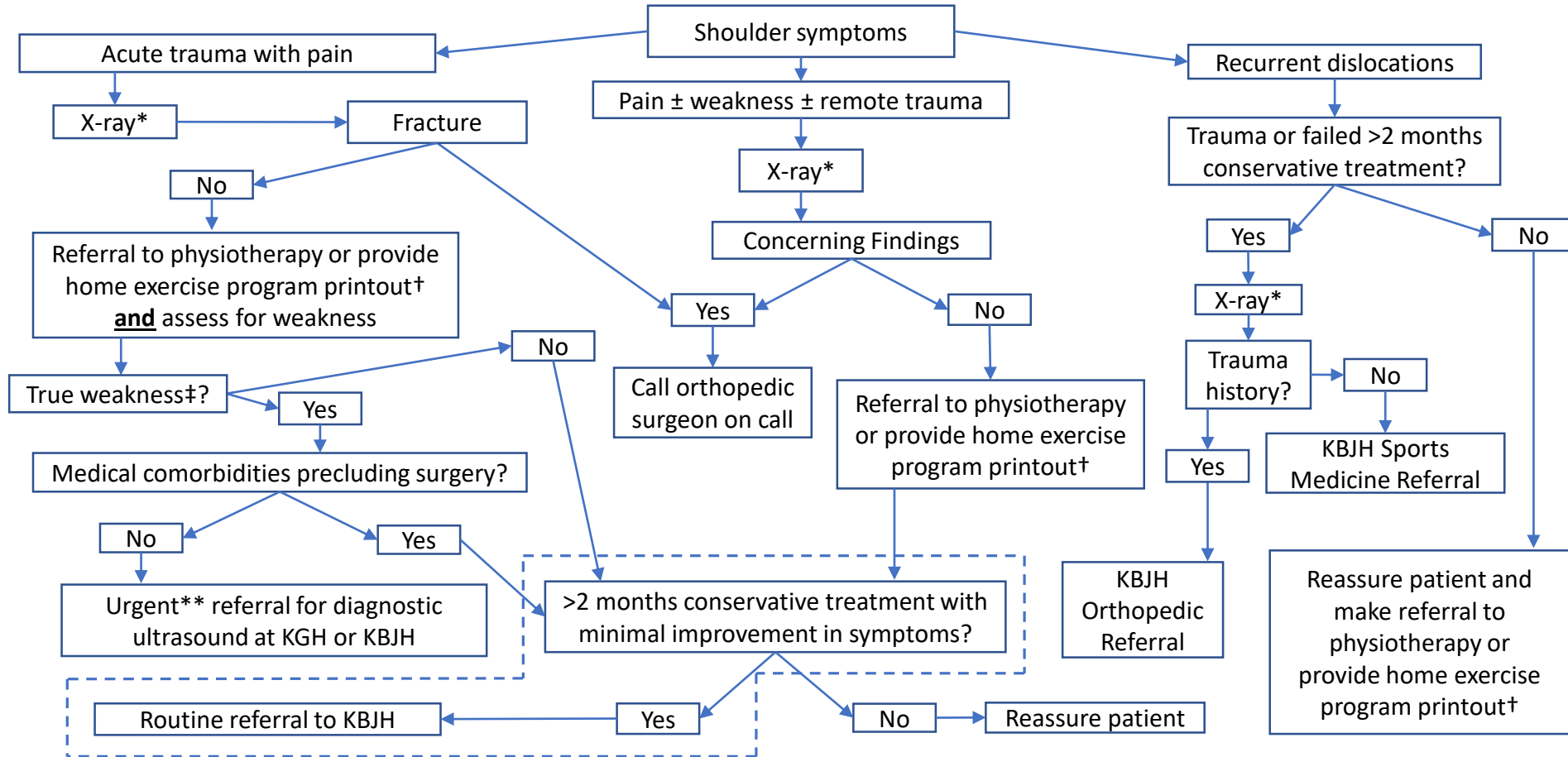


KBJH Shoulder Symptoms Management Algorithm

Dr. Sathish Rajasekaran and Dr. Derek Plausinis

Endorsed by Kelowna Bone and Joint Health (KBJH), and Kelowna Medical Imaging at Kelowna General Hospital (KGH)



➤ If osteoarthritis of the glenohumeral joint^{††} is thought to be the primary cause of symptoms, counsel patient on pathophysiology of arthritis related pain. If further treatment is required a nonsurgical or surgical referral to KBJH based on severity of osteoarthritis can be made.

➤ Clinical suspicion for adhesive capsulitis can be referred to KBJH

*Note any suggestion of cancer requires calling orthopedic surgeon on call.

†Detail “tentative diagnosis and ask for a focus on range of motion and a progressive strengthening program with no modalities” on physiotherapy prescription or provide a home exercise program printout (<https://orthoinfo.aaos.org/en/treatment/?bodyPart=Shoulder>)

‡<https://www.orthobullets.com/shoulder-and-elbow/3037/shoulder-exam>

**Call radiology department or mark referral as urgent diagnostic ultrasound with appropriate history on KBJH referral form

††Acromioclavicular joint osteoarthritis is a normal part of aging and usually is not the cause of shoulder pain in middle-aged and older adults

Dashed structure: Largest proportion of patients presenting for assessment and typically referred to as “chronic shoulder pain”