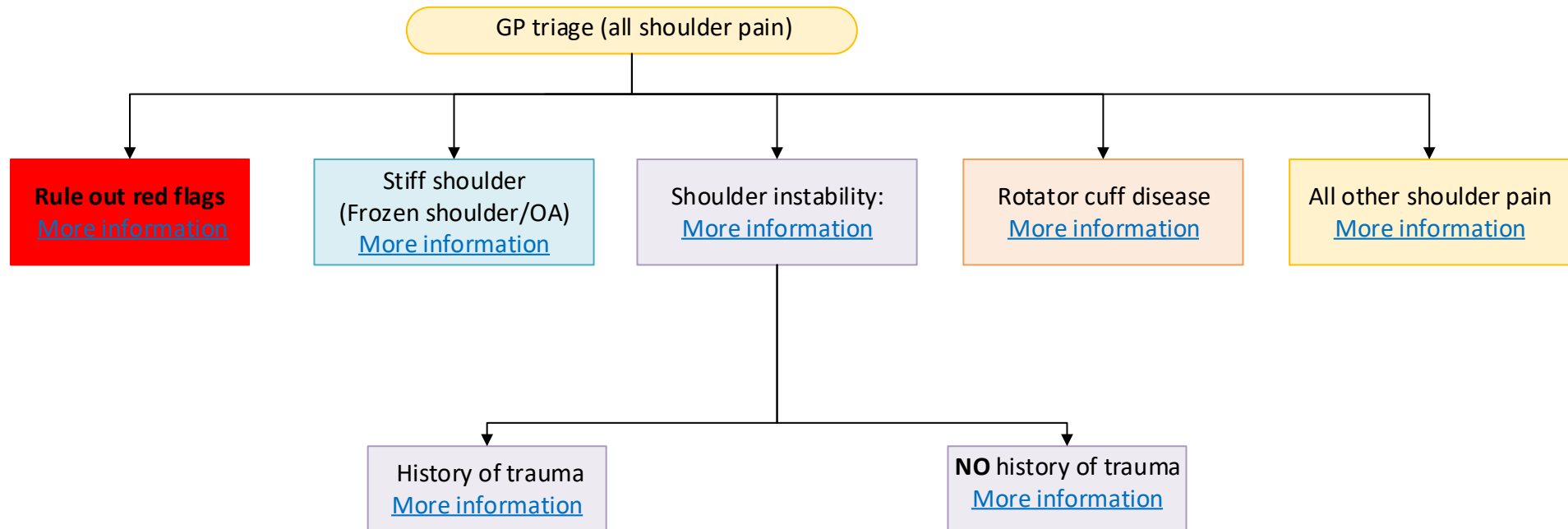


[Click here](#) for comprehensive
shoulder resources



NB: MRI of limited use in this pathway

Red flags in shoulder pain

NICE CKS Shoulder assessment guidelines [click here](#)

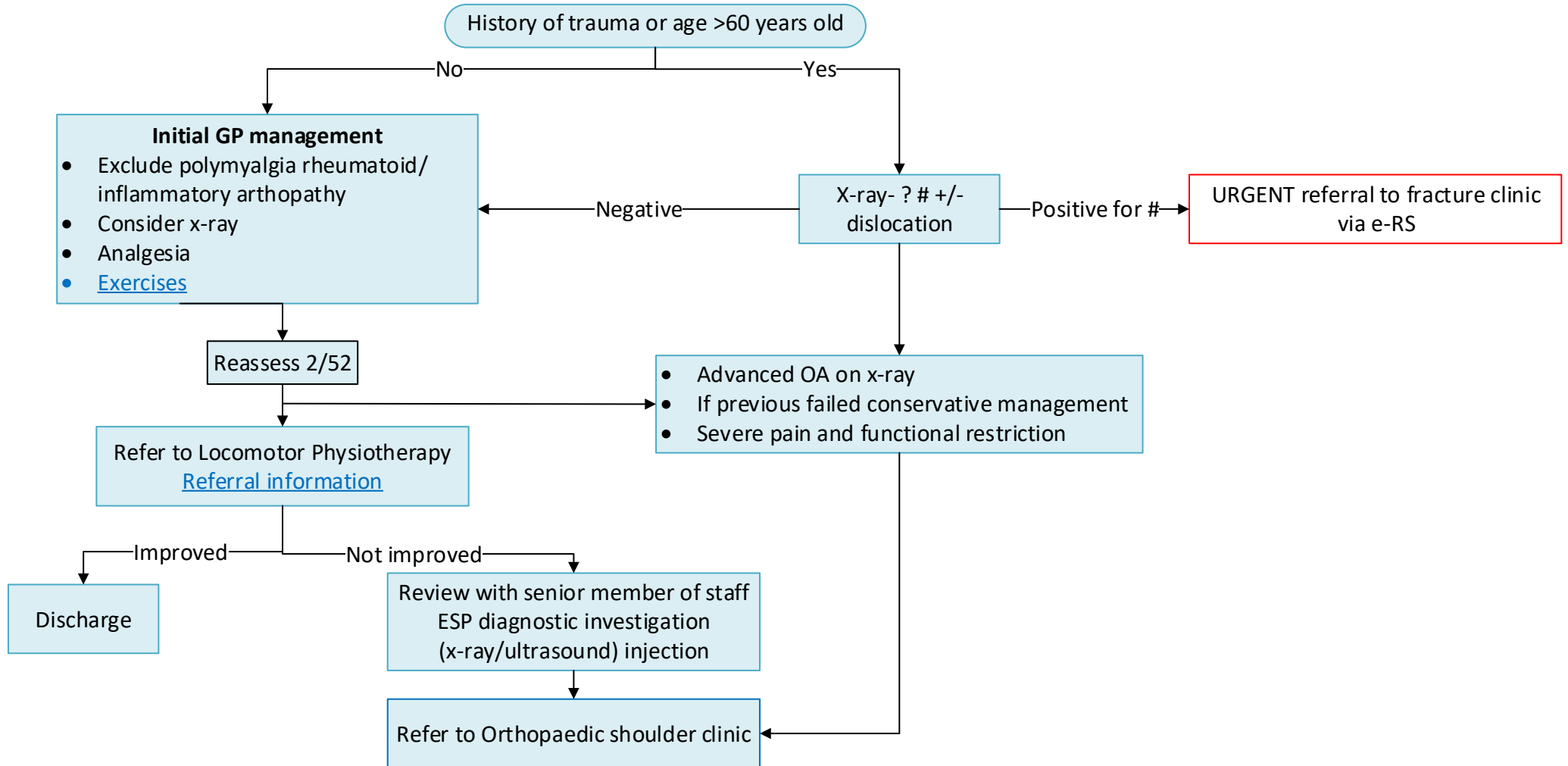
RED flags taken from NICE CKS

Ensure that red flag features for the following conditions have been excluded:

- **Tumour:** history of cancer; symptoms and signs of cancer; unexplained deformity, mass, or swelling; lymphadenopathy. Progressive, well-localized pain, unrelated to movement, often night-predominant; not reproduced by palpation or movement during examination. Follow the local 2WW referral pathway via GP.
- **Infection:** red skin, fever, systemically unwell. Refer to A&E
- **Unreduced dislocation:** trauma, epileptic fit, electric shock, loss of rotation, abnormal shape. Refer to A&E.
- **Acute rotator cuff tear:** recent trauma, acute disabling pain and significant weakness, positive drop arm test (inability to hold the affected arm in 90 degrees of abduction then lower it slowly to the side). Refer to Fracture clinic via e-RS
- **Neurological lesion:** unexplained wasting, significant sensory or motor deficit. Refer to Fracture clinic via e-RS

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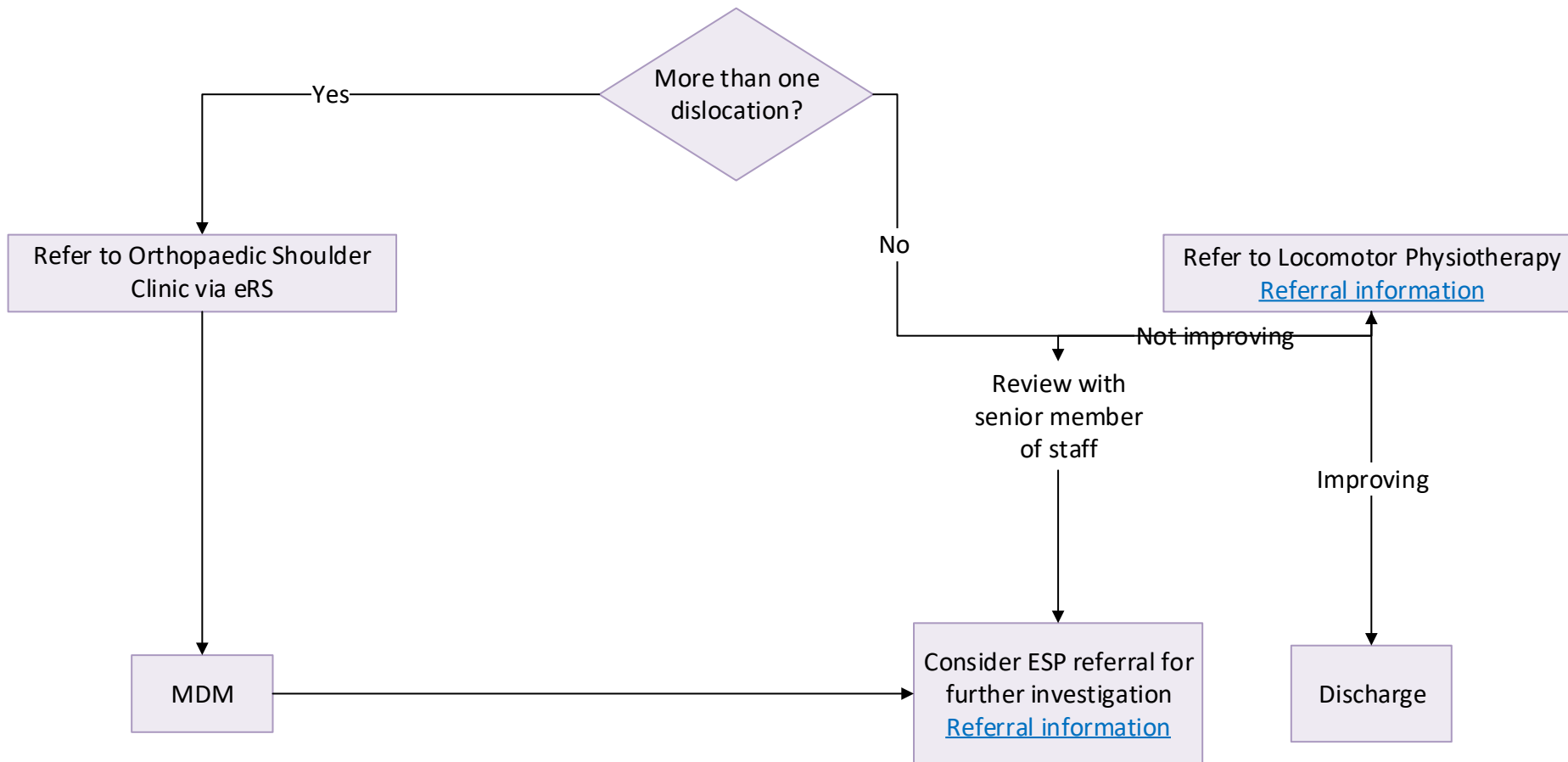
Stiff Shoulder



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Video for stability tests BJSM shoulder instability assessment overview

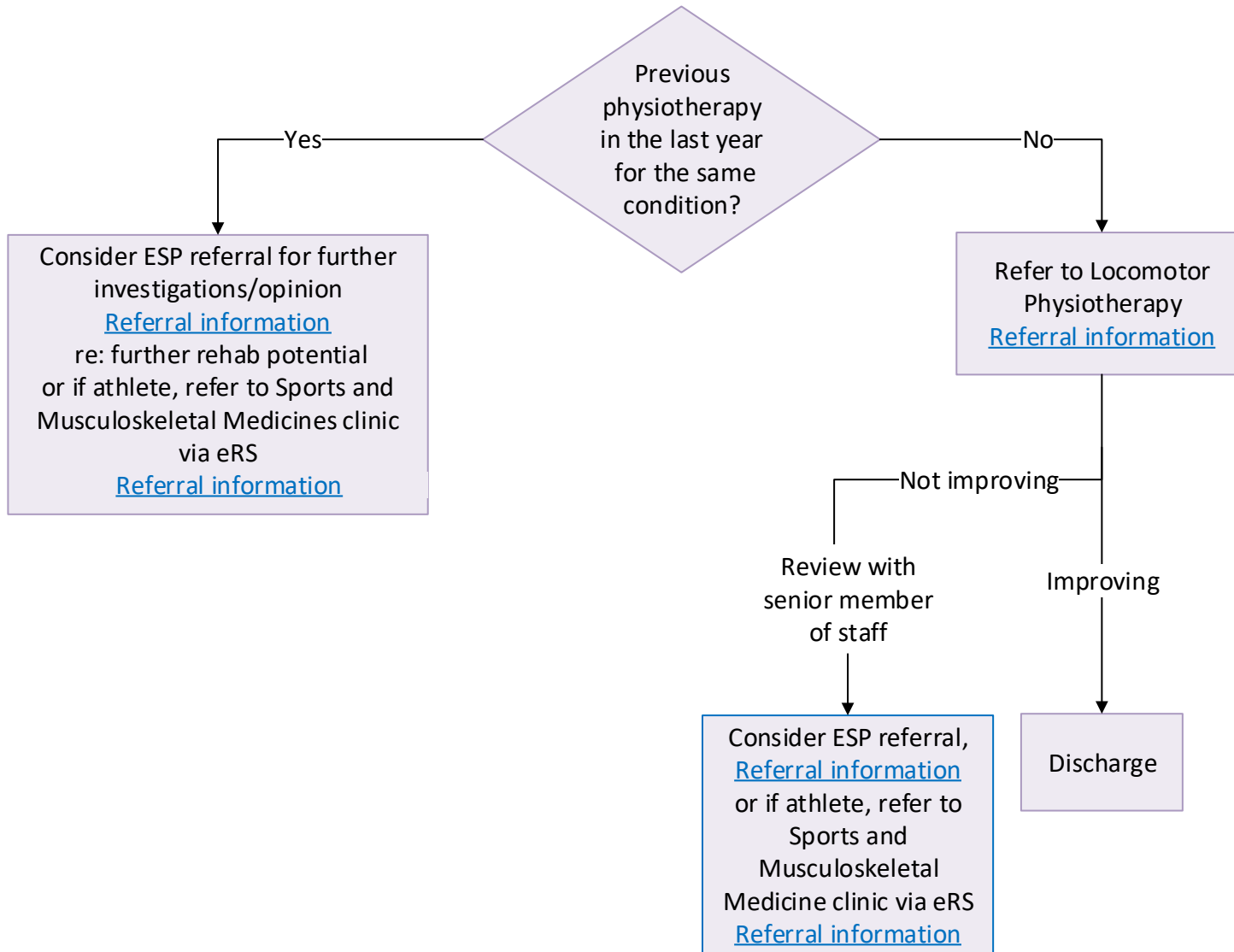
Instability History of trauma



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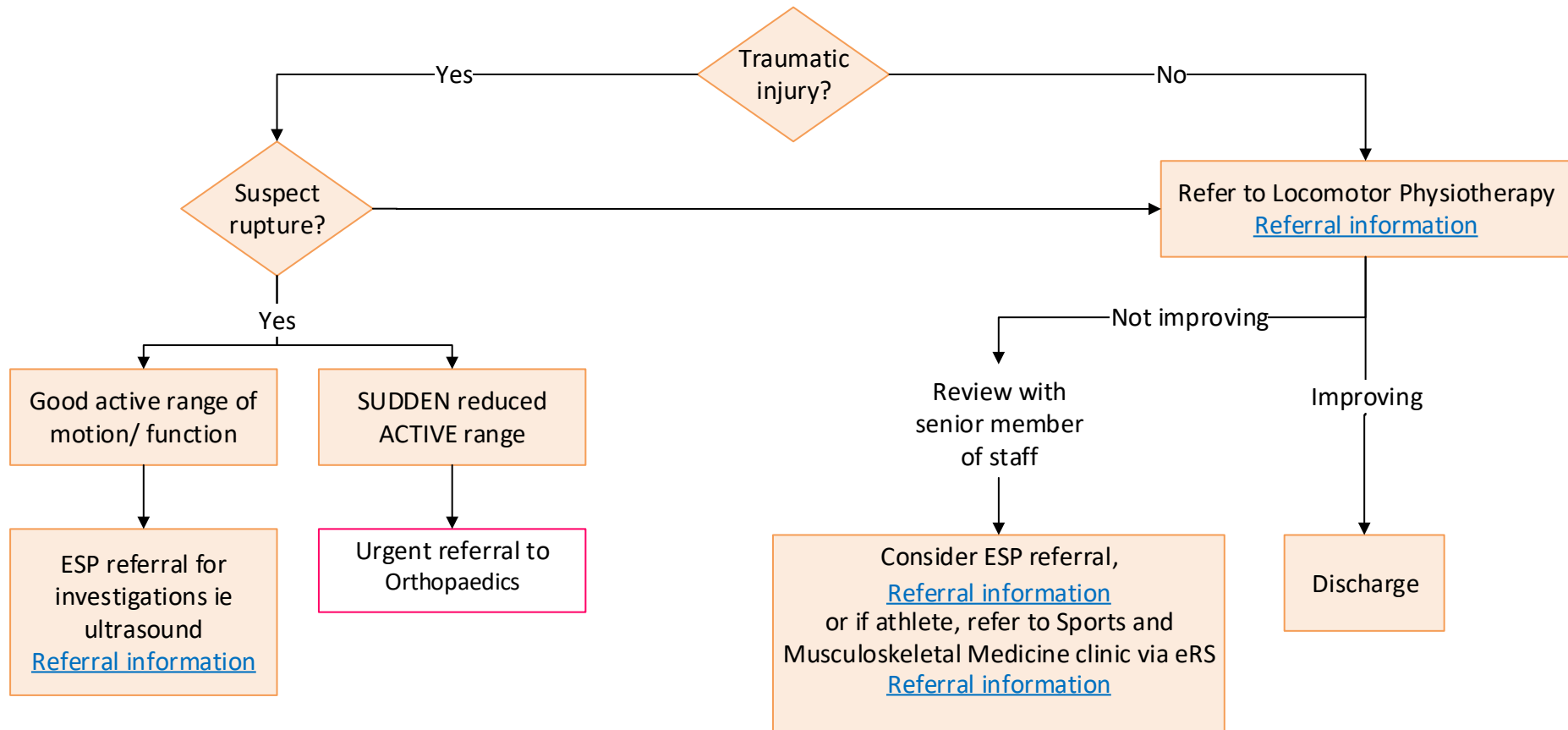
**Shoulder Instability
No history of trauma**

[Video for stability tests BJSM shoulder instability assessment overview](#)



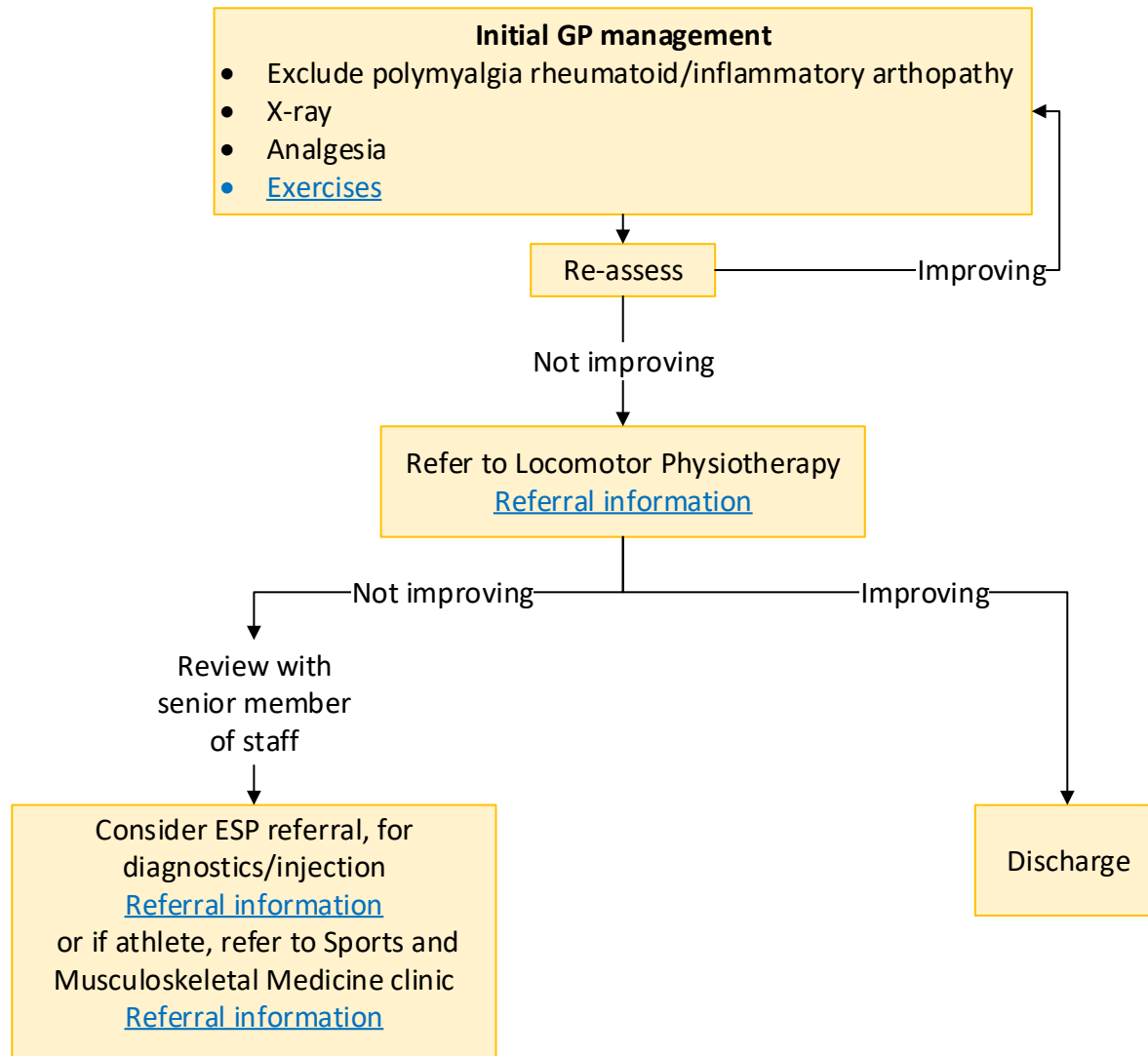
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Rotator cuff disease



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All other shoulder pain/for MSK opinion



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Locomotor Physiotherapy referrals

Routine physiotherapy appointments are on e-RS, please use Locomotor Physiotherapy RQX - City and Hackney, which is indirectly bookable

e-RS Locomotor Advice and Guidance is available pre-referral.

Process for booking a referral into Locomotor Physiotherapy:

- Give the patient an appointment request form with UBRN number
- Please attach the patient referral in the normal way
- Advise the patient to phone CAS after 5 working days (Tel: 0207 683 4676). Only one phone call will be required to book an appointment

Note

- Urgent referrals should be attached and sent to locomotor@nhs.net.
- Transport for the first appointment will need to be organised by referrer.
- For queries please contact Hilda Walsh, Head of Locomotor Service, Tel: 0207 683 4378 or Elizabeth Slee, Kate Dean, Deputy Heads, Tel: 020 7683 4553).

Locomotor ESP referrals

Routine ESP appointments are on e-RS , please use: Extended Scope (ESP) Assessment Service - St Leonards - RQX20, which is indirectly bookable

e-RS Locomotor Advice and Guidance is available pre-referral.

Process for booking a referral into ESP assessment:

- Give the patient an appointment request form with UBRN number
- Please attach the patient referral in the normal way
- Advise the patient to phone CAS after to activate the referral
- Patient then phones back after 5 working days (Tel: 0207 683 4676)

Note

- Urgent referrals should be attached and sent to locomotor@nhs.net.
- Transport for the first appointment will need to be organised by referrer.
- For queries please contact Hilda Walsh, Head of Locomotor Service, Tel: 0207 683 4378 or Elizabeth Slee, Kate Dean, Deputy Heads, Tel: 020 7683 4553

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GPs can refer to the Homerton Sports and Musculoskeletal Medicines clinic via the electronic referral service (e-RS).

Services are provided at 2 sites, Homerton Hospital and The Sir Ludwig Guttmann Health and Wellbeing Centre (SLG)

- The Sir Ludwig Guttmann Health and Wellbeing Centre, 40 Liberty Bridge Road, East Village, Olympic Park, Stratford E20 1AS
- Homerton Hospital Sports Injury and Musculoskeletal Medicine Clinic, Physiotherapy department, Homerton University Hospital, Homerton Row, London, E9 6SR

Tel: 020 8510 7835/7614

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Shoulder Clinical Guidance

- [Shoulder doc – Clinical Shoulder examination tests](#)
- [NICE Guidelines Shoulder pain overall summary](#)
- [NICE Guidelines Shoulder pain diagnosis](#)
- [NICE Clinical Knowledge Summaries - Shoulder examination](#)
- [NICE Clinical Knowledge Summaries - Shoulder Index for diagnosis and management](#)
- [NICE Clinical Knowledge Summaries: Rotator cuff disorders](#)
- [NICE Clinical Knowledge Summaries: Instability disorders](#)
- [Additional detail on the shoulder complex can be found on the shoulder doc website \(powerpoint presentation\)](#)
- [British Journal of Sports medicine Shoulder exam videos](#)
- [Video for shoulder examination: testing for instability](#)
- [Frozen Shoulder](#)

Comprehensive Shoulder Resources

- [Shoulder doc - this website is a good source of evidence based information on shoulders: click here](#)
- [Versus Arthritis - Shoulder information page: click here](#)
- [Downloadable shoulder exercise sheet for patients: click here](#)
- [Information for patients: click here](#)
- [Shoulder exercises video: click here](#)
- [Arthritis OA/RA: click here](#)
- [Arthritis-Frozen Shoulder doc: click here](#)

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