



ALASKA NATIVE MEDICAL CENTER



SHOULDER-IMPINGEMENT SYNDROMES AND OTHER DIAGNOSIS

Diagnostic/Treatment Recommendations:

- Strict activity modifications; no overhead lifting or repetitive over-shoulder activities.
- Trial of ice and NSAID protocol
- Supervised physiotherapy to include rotator cuff and scapula stabilization exercises (specify diagnosis if impingement syndrome on P.T. form if suspected.)
- Subacromial corticosteroid injections if impingement suspected
- R/O Adhesive Capsulitis

Patient Handouts:

- Shoulder Fact Sheets, Booklets and Brochures

Referral Guidelines:

- Shoulder radiographs required for referral (Shoulder consult views) Do not order MRI
- Suspected impingement not responding to conservative treatment (3-6 months)
- Pain control is inadequate and patients cannot tolerate attempted physiotherapy
- Moderate to severe degenerative arthritis of glenohumeral or acromioclavicular joint by radiograph
- Shoulder dislocations or subluxations (radiograph required) Does not need MRI
- Other suspected orthopedic conditions (eg, tumors, fracture malunions, etc)
- Referral for fractures are to be made through established procedures. Obtain the radiograph and your encounter form CALL the orthopedic surgeon on-call to review films.