

Current update on shoulder pain

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- Pain

- Arising from shoulder
- Referred from distant sites
 - Cervical spine
 - Intra-abdominal

Signs - Look

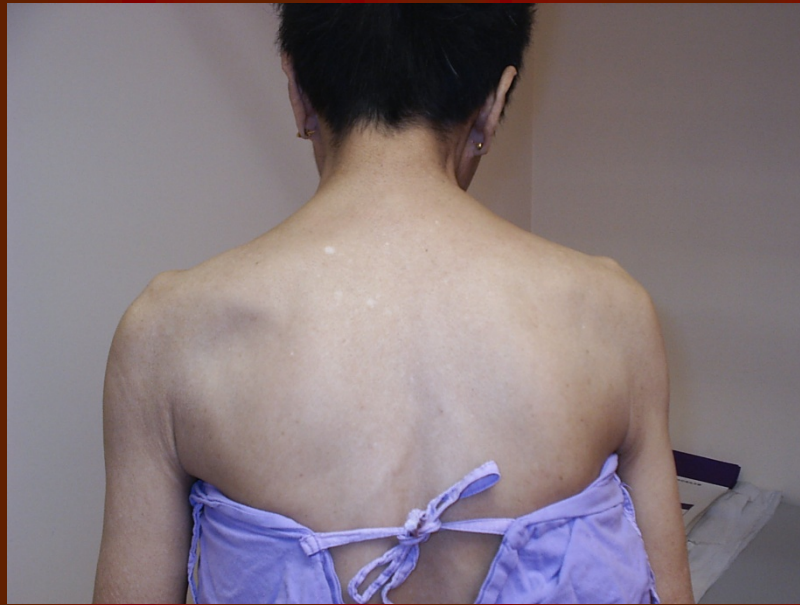
- Skin
- Shape
 - Asymmetry
 - Winging of scapula
 - Wasting of deltoid
- Position of arm

Look

- Wasting
- Swelling
- Look at the scapular and deltoid



Look - symmetry



Feel (Palpation)

- Tenderness
- Swelling
- First described by Codman
- “Rent” test
- Palpate through the deltoid



Wolf et al: Transdeltoid palpation (the rent test) in the diagnosis of rotator cuff tears. *Journal of Shoulder and Elbow Surgery* 2001