

Shoulder Osteoarthritis

Defined as

- Degeneration of articular cartilage causing pain, swelling and reduced movement
- Usually > 60 years
- Slow increase in pain
- Crepitus
- Loss of active + passive range of movement

Information Required for Referral

- History
- Onset, progression, duration, severity, any initiating factors
- Range or movement of joint
- Functional limitations
- Associated medical conditions
- Any previous surgeries
- Any previous treatments
- Current medications

Investigations Required for Referral

- Xray AP/lateral/Axillary shoulder views
- Ultrasound – check for rotator cuff rupture

Fax to

- Orthopaedics Outpatients Upper Limb Clinic Fax: 08 83742591

Suggested GP Management

- NSAID
- Home Exercises
- Steroid Injection (IA)
- Refer if no improvement after conservative treatment > 3 months

Clinical Resources

- American Academy of Orthopaedic Surgery. The treatment of Glenohumeral joint osteoarthritis Guidelines and Evidence Report V1 Dated 5.12.09

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

Version	Date from	Date to	Amendment
1.0	July 2014	July 2016	Original