



Anatomic paradigm for shoulder diagnosis

History - examination - investigation - differential diagnosis

History - (targeted) examination - (best) investigation - likely diagnosis

GH joint - capsulitis, arthritis, labral tear, spinoglenoid notch ganglion

Subacromial - cuff tear, bursitis, tendinitis (including calcific)

Biceps - tendinitis plus/minus subluxation

AC joint - osteolysis, bone oedema, subluxation (traumatic)

Proximal conditions - referred from c-spine, brachial neuritis (Parsonnage-Turner syndrome)

- **'Go for the money' then screen remainder of shoulder**
- **Consider (nearly) always getting an x-ray**
- **Interpret imaging with the 'filter' of history and examination**

Enjoy practising your craft!

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