



**Neck**

Follow local spinal service guidelines

**Shoulder**

History of instability?

Does the shoulder ever partly or completely come out of joint?

Is your patient worried that their shoulder may dislocate during sport or on certain activities?

Yes

**Primary care**

**Instability**

Common age 10-35 years

Physiotherapy if atraumatic

Refer

**Refer to shoulder clinic**

**Instability**

Traumatic dislocation

Ongoing symptoms

Atraumatic with failed physiotherapy

No

Is the pain localised to the acromioclavicular joint and associated with tenderness?

Is there high arc pain?

Is there a positive cross arm test?



Yes

**Acromioclavicular joint disease**

Common age >30 years

Rest/NSAIDs/analgesics

Steroid injection

Physiotherapy

X ray if no improvement

Refer

**Acromioclavicular joint disease**

Refer if transient or no response to injection and physiotherapy

No

Is there reduced passive external rotation?



Yes

**Glenohumeral joint**

Frozen shoulder

Common age 35-65 years

Arthritis

Common age >60 years

X ray to differentiate

Rest

NSAIDs/analgesics

Patient information

Cortisone injection

Refer

**Glenohumeral joint**

If frozen shoulder with normal x ray – refer if atypical and/or severe functional limitation

Refer if arthritis on x ray and poor response to analgesics and injection

No

Is there a painful arc or abduction?

Is there pain on abduction with the thumb down, worse against resistance?

NB A history of trauma with loss of abduction in a younger patient is Red flag



Yes

**Rotator cuff tendinopathy**

Common age 35-75 years

Rest/NSAIDs/analgesics

Subacromial injection

Physiotherapy

NB Although an ultrasound or magnetic resonance imaging (MRI) scan can be of value, some people over 60 years have asymptomatic cuff tears

Refer

**Rotator cuff tendinopathy**

Transient or no response to injection and physiotherapy

NB Massive cuff tears in patients >70 years are generally not repairable

No

Other cause of neck and arm pain

**Red flags – Urgent referral**

Trauma, pain and weakness? Acute cuff tear

Any mass or swelling? Tumour

Red skin, fever, or systemically unwell? Infection

Trauma/epileptic seizure/electric shock leading to loss of rotation and abnormal shape? Unreduced dislocation

# Treating Depression In Primary Care

**Ensheng Dong**



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