

SUMMARY OF SHOULDER DIAGNOSTIC CRITERIA AND PT MANAGEMENT STRATEGIES

DISORDER	HISTORY	PHYSICAL EXAM	PT MANAGEMENT
“Supraspinatus Tendinitis” 840.6 onov* = 4 or less mnov** = 12	Post-Lat pain Pain w/overhead ADL Midrange “catch” Sx’s worse w/repetitive OH ADL – or strains	Painful arc Weak and painful Supraspinatus MMT Post-Lat rotator cuff tenderness Shoulder girdle muscle flexibility, strength, and coordination deficits	Reduce aggravating activities Physical agents (Ice, US) Address deficits in shoulder girdle strength, flexibility, and coordination
“Bicipital Tendinitis” 726.12 onov = 4 or less mnov = 12	Ant-Lat pain Pain w/flexion and lifting ADL Sx’s worse w/repetitive activities	Painful arc Weak and painful Biceps Brachii MMT Bicipital groove tenderness Shoulder girdle muscle flexibility, strength, and coordination deficits	Reduce aggravating activities Physical agents (Ice, US) Address deficits in shoulder girdle strength, flexibility, and coordination
Subacromial Bursitis 726.19 onov = 4 or less mnov = 8	Diffuse pain Pain at rest Recent unaccustomed use	SR w/palpation or provocation of the subacromial bursa	Rest (i.e. sling) Physical agents (Ice, E.Stim.) Patient ed. (Prevent recurrence)
Adhesive Capsulitis 726.0 onov = 8 or less mnov = 16	Lat pain Sx’s worse w/end range stretch positions Gradual prog. of stiffness	Glenohumeral ROM deficits – ER and ABD are the most limited Pain at end of range Limited accessory movements	Patient education (Avoid aggravating positions/movements) Rx myofascial & joint ROM deficits (STM, JM, MWM, C/R, Ther Ex)
“Glenohumeral Instability” 840.2 onov = 4 or less mnov = 12	Recurrent subluxations or dislocations Apprehension	Excessive GH accessory motion Apprehension w/passive end range movements	Patient education (Avoid unstable positions) Shld girdle & GH strengthening
Acromioclavicular Joint Sprain 840.0 onov = 4 or less mnov = 8	Fall on tip of shld or onto outstretched arm Pain w/reaching across body, overhead, or weight bearing on elbows	Observable displacement of A/C joint Pain w/accessory movements SR w/palpation or provocation of A/C ligament	Patient education (Avoid positions of strain) Normalize ROM and strength deficits of the scapulothoracic, GH and S/C articulations
“Thoracic Outlet Syndrome” 723.3 onov = 8 or less mnov = 16	UE paresthesias, pain, and numbness -- Sx’s worse w/postures or ADLs which stress NV bundle	SR: w/ULTT Provocation of peripheral entrapment site	Reduce entrapment neuropathy with applicable STM, Joint mob, Nerve mob, ergonomic cues, Ther Ex, Rx of Up ¼ muscle flexibility and strength deficits
“Myofascial Pain Syndrome” 726.2 onov = 8 or less mnov = 12	Persistent neck & shld girdle aching Sx’s worse w/repeated, inefficient muscle use	SR w/provocation of trigger points Muscle flexibility and strength imbalances Ergonomic deficiencies	Rx trigger points (Inhibit, elongate, prevent) Rx muscle imbalances Provide ergonomic cuing

onov = optimal number of visits
mnov = maximal number of visits
SR = Symptom reproduction