

## Why Does My Shoulder Hurt?

### Pre and Post Lecture Questionnaire

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**Which rotator cuff muscle/tendon is most commonly torn, and functions predominantly in abduction?**

Infraspinatus

Supraspinatus

Subscapularis

Teres Minor

**When working up a patient with shoulder pain, which imaging modality is most commonly indicated first?**

Ultrasound

MRI with contrast

MRI without contrast

Radiographs/x-rays

**What shoulder x-ray findings might preclude need for MRI in patient suspected to have rotator cuff tear?**

AC Joint arthritis

Glenohumeral/shoulder arthritis

Superiorly migrated humeral head

Healed old clavicle fracture from when patient was a kid (treated non-op, no retained hardware)

**Which pathology classically causes loss of active shoulder range of motion, while passive motion is preserved?**

Glenohumeral (shoulder) arthritis

AC joint arthritis

Rotator Cuff Tear

Adhesive Capsulitis (Frozen Shoulder)

**Atraumatic loss of BOTH passive and active range of motion is seen in which condition(s)?**

Glenohumeral (shoulder) arthritis

AC joint arthritis

Rotator Cuff Tear

Adhesive Capsulitis (Frozen Shoulder)

**Which of the following patient(s) most benefit from rotator cuff repair surgery?**

Younger patient with full thickness tear

Older patient with atraumatic full thickness tear of unknown duration, with retraction and atrophy

Middle aged patient who dislocates her shoulder, has active shoulder motion loss despite attempted PT

Older patient with concomitant rotator cuff tear and shoulder arthritis

**In the patient who has shoulder pain that extends past the elbow or has nerve symptoms in hand, which anatomic locations warrant further investigation to rule out alternate/concomitant pathology?**

**In the patient with shoulder arthritis who has failed non-operative management, which surgical option is most likely to be successful in terms of pain relief?**

Arthroscopic debridement

Partial Shoulder replacement

Total Shoulder Replacement

**Which patient is most likely to have/develop adhesive capsulitis/frozen shoulder?**

Male construction worker without medical co-morbidities

Middle aged diabetic female with atraumatic, insidious shoulder pain and stiffness

Older farmer with stiffness and crepitation on shoulder range of motion

Middle aged female with generalized shoulder pain, hypothyroid syndrome

**Which is true of adhesive capsulitis/frozen shoulder?**

Often resolves rapidly and doesn't require surgery

Typically improves with time and only rarely requires surgery, but recovery can be protracted

Usually does not improve without surgical intervention

**If you can only get one view to rule out shoulder dislocation, which x-ray would you order?**

**Which of the following is/are true regarding patients with a shoulder dislocation?**

In a younger patient, the glenoid labrum often tears

Most shoulder dislocations occur in the anterior direction

A Hill-Sachs lesion (depression on humerus where it bumped against glenoid) can occur

In an older patient, the clinician must be concerned about a concomitant rotator cuff tear

Recurrent instability/dislocation is most common in older patients

**True or False: Most clavicle fractures and AC separations can be treated non-operatively**

**True or False: Most proximal humerus fractures can be treated non-operatively**

**Which of following fracture characteristics or physical examination findings may indicate need for surgery?**

Displaced fracture fragments

Shortened/overriding/bayonnetted fracture fragments

Non-displaced or mildly displaced fracture fragments

Skin tenting

**Which patient population typically demonstrates a more socially acceptable "thumbs-up"?**

Politicians

Ninjas/karate black belts