

“Some Key Points in Shoulder Anatomy And History”

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ANATOMY



Shoulder Anatomy

- Unique joint-
- Vast range of motion

- A fine balance between stability and mobility

- Consists of Bones, Muscles, Ligaments and Soft tissues

Shoulder Anatomy

Take Home Message –
Think Scapula, Posture,
Cervical Spine, AC joint



HISTORY



History

Take Home Message

Often Subtle

- Age –
 - In 20s - INSTABILITY
 - In 30s – INSTABILITY
(IMPINGEMENT / CUFF/ FROZEN SHOULDER)
 - In 40s / 50s
- IMPINGEMENT / CUFF/ FROZEN SHOULDER
 - In 60s / 70s - OA

Sport / Activity –

- Tennis Players
- Overhead Activities
- Throwers

History

Position –

Goalkeepers

Throwers

Gymnasium -



History

?Traumatic Dislocation

Diabetic / Dupuytren's

Overhead Activity

“Dead Arm” – Loss of Power

Epileptic

History

Position that brings on symptoms
? Forward Activity

Stiffness / weakness

History of Hyperlaxity



History

Take Home Message

Site –

Is it the Shoulder?

?Neck Pain

?radiates below elbow

?pins and needles

?Muscles Rather than Joints

?Elbow

Night Pain -

Beware –

Cardiac Ischaemia

Metastatic Disease

Lung Tumour

Pneumonia

Peptic Ulcer Disease

History

Where exactly is the pain?

Acromio-clavicular Joint

Rotator Cuff Pathology

