

London Clinical Executive Group (LCEG)

London Non-Traumatic Painful and/or Stiff Shoulder Pathway Guidelines

Version Final

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This document will be reviewed and re-released to reflect new and emerging evidence as appropriate. Please email england.londonelectivecareandtransformation@nhs.net to request the most recent version.

This London guide is designed to complement and not replace local guidance and professional judgement. It will be updated to align with other national and regional guidance once published.

Primary care management of the non-traumatic painful and/ or stiff shoulder– non-MSK specialist



Painful and/ or stiff shoulder

Rule out:

RED FLAGS DIAGNOSES:

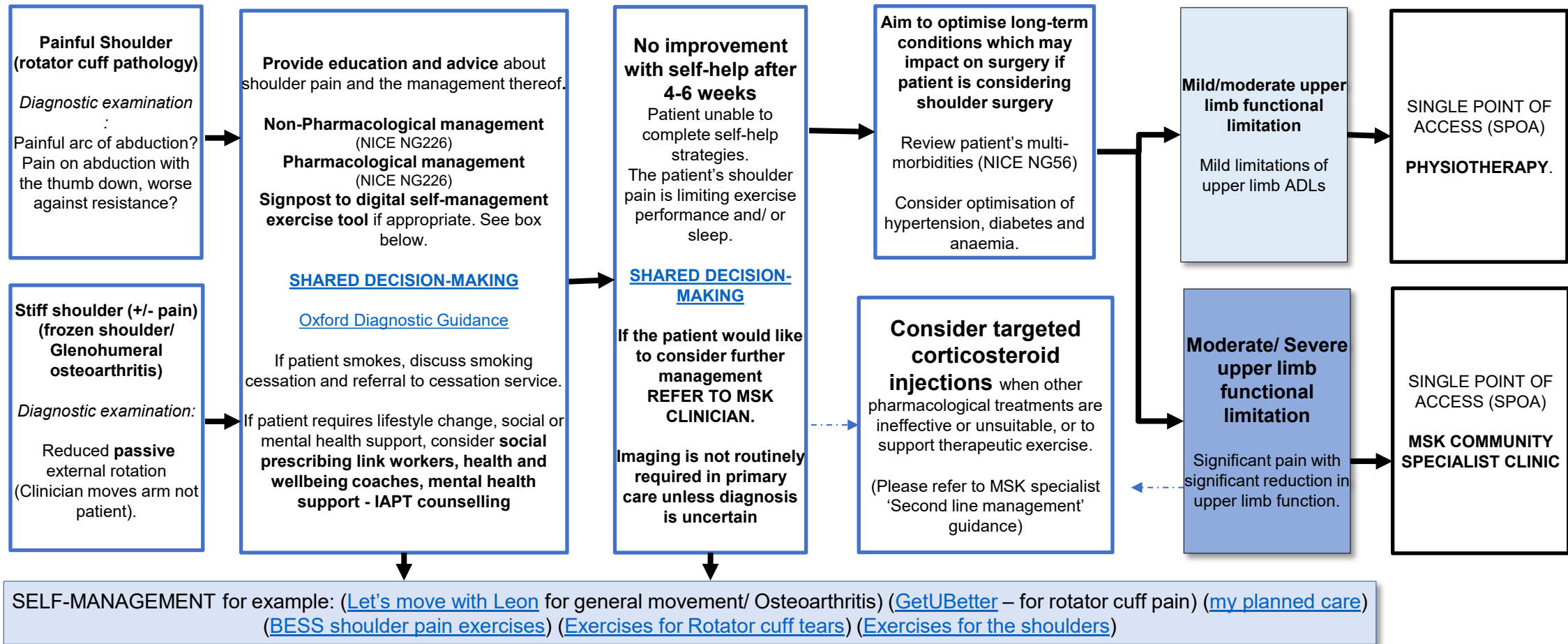
1. Acute loss of power with history or trauma
2. Tumour - Any mass or swelling.
3. Infection - Red skin, fever or systemically unwell.
4. Traumatic or non-traumatic dislocation
5. PMH of Ca? (See BESS)

Differential diagnoses & exclusion:
Neck pathology – Pain triggered by neck movement, traveling below the elbow +/- paraesthesia.

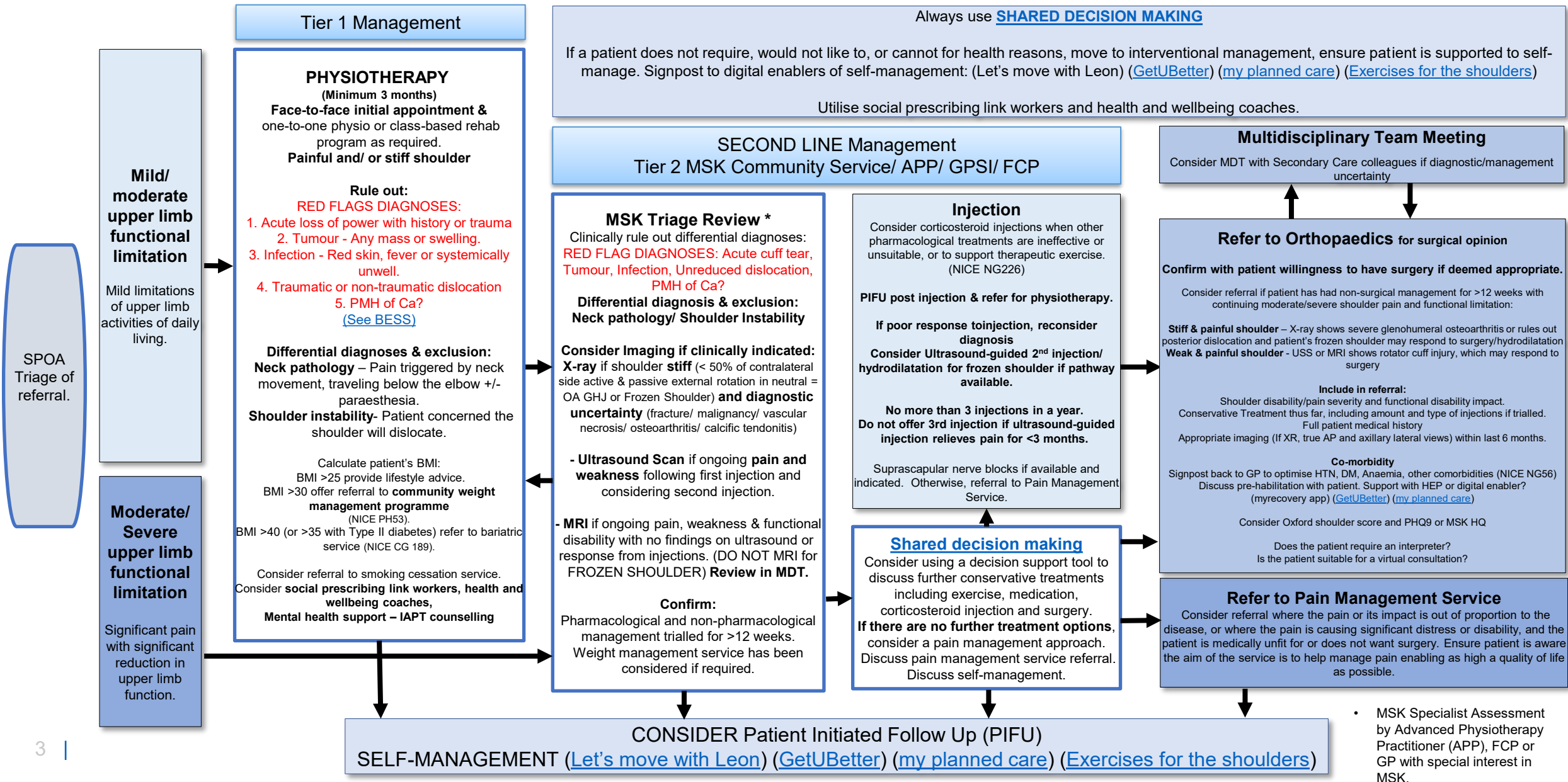
Shoulder instability - Patient concerned the shoulder will dislocate.

Always use **SHARED DECISION MAKING** – [Shoulder pain decision making tool](#). [Frozen Shoulder: Which treatment should I choose?](#)
 If a patient does not require, would not like to, or cannot for health reasons, move to interventional management, ensure patient is supported to self-manage. Signpost to digital enablers of self-management: for example: ([Let's move with Leon](#) for general movement/ Osteoarthritis) ([GetUBetter](#) for rotator cuff pain) ([my planned care](#)) ([BESS shoulder pain exercises](#))

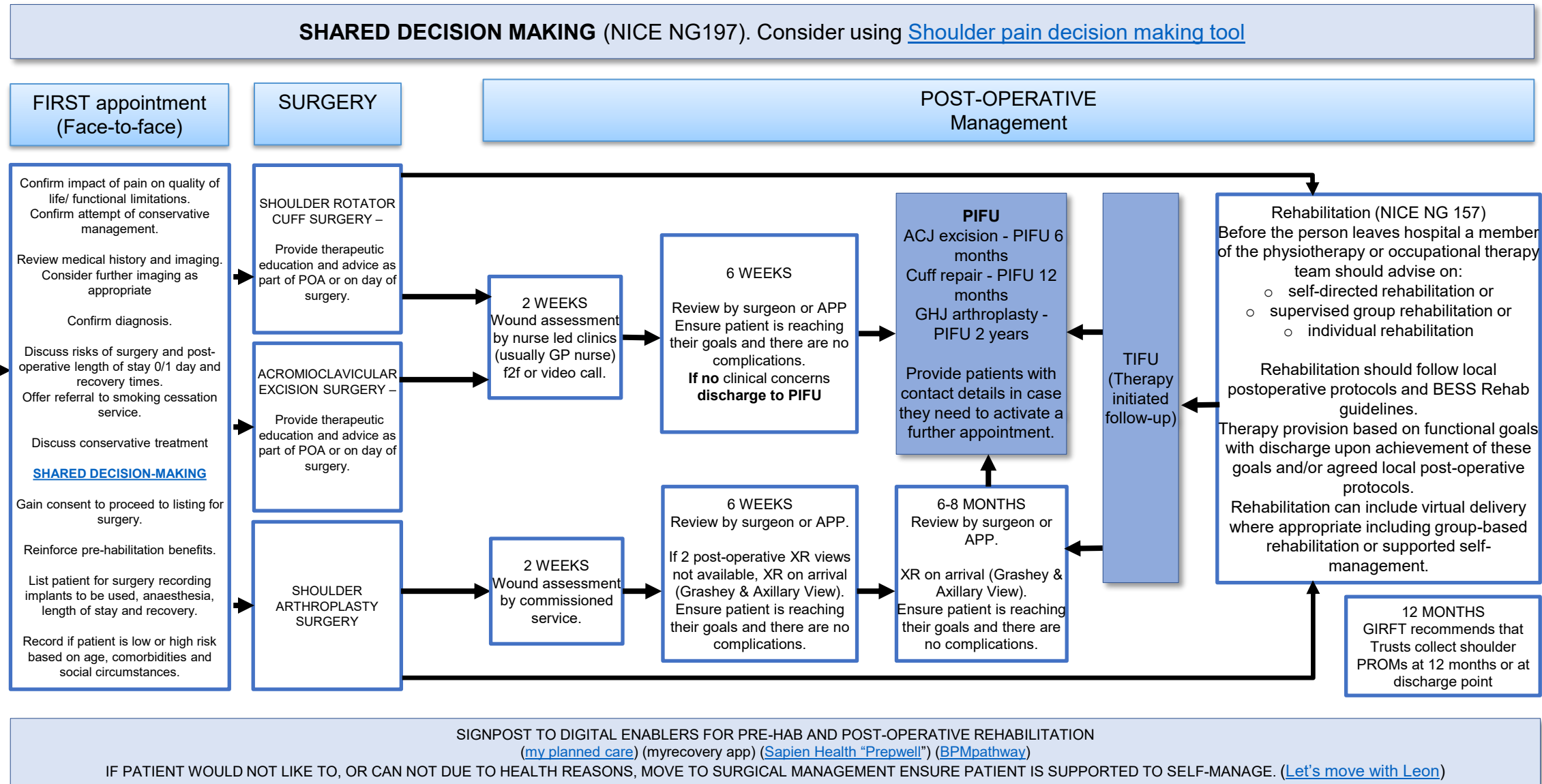
Utilise social prescribing link workers and health and wellbeing coaches.



APP/ FCP/ GPSI MSK Specialist and community MSK management of the non-traumatic painful and/ or stiff shoulder



Orthopaedic outpatient management of the non-traumatic painful and/ or stiff shoulder



Useful Resources



1. NHS England

- [NHSEI London Region MSK digital enabler map](#)

2. Getting It Right First Time (GIRFT)

- [Post-COVID Elective surgery Recovery & Transformation](#)
- [Clinically-led Orthopaedics Outpatient Guidance](#)

3. BestMSK Health Collaborative

- [Primary and community care musculoskeletal \(MSK\) recovery and transformation guidance toolkit](#)
- [DRAFT: Guide to implementing patient-initiated follow-up \(PIFU\) in adult trauma and orthopaedic secondary care pathways](#)
- [Elective-care-high-impact-interventions-first-contact-practitioner-msk-services-specification](#)

4. NICE

- [Osteoarthritis: care and management](#)
- [Shared decision making](#)
- [Weight management: lifestyle services for overweight or obese adults](#)
- [Multimorbidity: clinical assessment and management](#)
- [Obesity: identification, assessment and management](#)
- [Joint replacement \(primary\): hip, knee and shoulder](#)
- [JRFinal2010poster.pdf](#)

5. Versus Arthritis

- [Making decisions with my healthcare professional: Shoulder problems for people aged 16 and over](#)

6. British Elbow and Shoulder Society (BESS)

- [Diagnosis of shoulder problems in primary care: Guidelines](#)
- [UK FROST Study](#)
- [Shoulder pain exercise leaflet](#)