

MSK – UPPER LIMB

CLINICAL TEAM

Dedicate MDT: NHS MSK and AHP Consultants, Advanced Practitioner Physiotherapists, Physiotherapists

	Shoulder	Elbow	Hand and Wrist
Symptoms and Diagnoses Accepted	<p>Painful Mobile Shoulder</p> <ul style="list-style-type: none"> Shoulder pain Rotator Cuff Impingement Syndrome/ Tendinitis/ Tendonosis/ Sub-Acromial Bursitis Rotator Cuff Tears/ Biceps rupture Overuse injuries Scapulothoracic Dyskinesia/ Dynamic Impingement/ Winging Scapula Suprascapular Nerve Entrapment <p>Stiff shoulder</p> <ul style="list-style-type: none"> Frozen Shoulder (primary and secondary Adhesive Capsulitis) Glenohumeral joint Osteoarthritis Acromioclavicular and Sternoclavicular pathology including Osteoarthritis <p>Instability</p> <ul style="list-style-type: none"> AC Joint and Shoulder instability Labral Tears/ SLAP lesions 	<p>Bony</p> <ul style="list-style-type: none"> Osteoarthritis Elbow locking/ clicking/ loose bodies/ instability Post traumatic elbow stiffness <p>Soft Tissue</p> <ul style="list-style-type: none"> Synovitis/ Synovial impingement Epicondylitis: Tennis/ Golfer's Elbow Olecranon Bursitis Tendinopathy Overuse injuries <p>Neurovascular</p> <ul style="list-style-type: none"> Nerve entrapment (Cubital Tunnel, Posterior Interosseous Nerve) CRPS 	<p>Bony</p> <ul style="list-style-type: none"> Osteoarthritis (Carpal/ CMC/ IP joint) Inter/intra carpal instabilities Kienbock disease/ carpal Avascular Necrosis <p>Soft Tissue</p> <ul style="list-style-type: none"> Tenosynovitis (De Quervain's, extensors, flexors) Trigger finger/ thumb Dupuytren's Ganglion assessment Ulnar impaction syndrome/ TFCC injuries Overuse syndromes <p>Neurovascular</p> <ul style="list-style-type: none"> Nerve entrapment syndromes/ Carpal Tunnel Syndrome CRPS
Assessments, Treatments and Interventions Available	<ul style="list-style-type: none"> Specialist clinical assessment (exclude cervical spine shoulder related pain) Appropriate imaging, including XR, MRI, USS and blood tests QOL and PROM scoring Steroid injections into Shoulder, AC Joint and Sub Acromial Shared decision making information, patient education, Information and self help Rehabilitation Physiotherapy Remedial Exercise programme Review for surgical management and direct listing to surgical list when appropriate 	<ul style="list-style-type: none"> Specialist clinical assessment Appropriate imaging including XR, MRI, USS and blood tests QOL and PROM scoring Steroid injections into tendon origins and elbow joint or consideration of US guided injections Shared decision making information and patient education, information and self help Rehabilitation physiotherapy Remedial exercise programmes Review for surgical management and direct listing to surgical list when appropriate 	<ul style="list-style-type: none"> Specialist clinical assessment Appropriate imaging including XR, MRI, USS and blood tests QOL and PROM scoring Shared decision making information and patient education, information and self help Steroid injections into tendon sheaths, pulleys, joints and carpal tunnel Rehabilitation physiotherapy, splinting Remedial exercise programmes Review for surgical management when appropriate (includes fitness for surgery assessment) Direct listing for Carpal Tunnel decompression and related procedures

e-RS (CHOOSE AND BOOK)

Speciality	Clinic Type	Service Name
Orthopaedics	Shoulder and Elbow	See CCG link for individual e-RS service names
	Sports Trauma	
	Hand and Wrist	