



FOLLOW-UP OF SOFT TISSUE INJURIES OF THE SHOULDER

(Excl dislocations)

First visit

Patients with

- Negative conventional x-rays in two views
- and
- At least one of the following:
 - Active range of abduction reduced by > 30 degrees compared to the uninjured side by normal clinical examination, or significant loss of power
 - Active range of external rotation reduced by > 20 grader compared to the uninjured side by normal clinical examination, or significant loss of power
 - Pain of 4 or more on a numeric rating scale

Should be offered follow-up 10 - 14 calendar days after the accident.

Second visit (10 – 14 days)

Patients with

1. Pseudoparalysis (significantly reduced active range of motion or loss of power regarding abduction (< 60 degrees), external rotation or internal rotation (belly-press) should be referred directly to MRI
2. progress, but who still fill the criteria for follow-up at the first visit, should be offered another follow-up no later than 4 weeks after the injury
3. no symptoms or return to pre injury pain and level of functioning do normally not need further follow-up

Three or more consultations

Consider MRI in patients with ongoing pain or loss of function after acute injury

Oslo skadelegevakt

Ortopedisk avdeling | Klinikk for kirurgi og nevrofag
Telefon: 22 11 72 80 (10 – 14) | Sentralbord: 02770
Adresse: Storgata 40, 0182 Oslo