



Subacromial pain and rotator cuff disorders:

Diagnose subacromial pain/ rotator cuff disorder clinically without investigation if a person-

Is 40 or over **AND** Has activity related shoulder pain **AND** Has no restriction of lateral rotation **AND** no morning stiffness **OR** morning stiffness that persists for >30 minutes

No history of trauma

Symptoms are located in the upper arm, not the AC joint or trapezius muscle.

Increasing incidence of degenerative rotator cuff pathology (i.e degenerative tears) with increasing age. Cuff tears associated with more pronounced weakness and night pain cf. sub-acromial pain svndrome.