

Types of Injuries

Muscle Strains	- Pain, Limited Motion, Muscle Spasm & Weakness, Localised Swelling, Cramping, Inflammation, Loss of muscle Function
Ligament Sprains	- Pain, Swelling, Bruising, Instability, Loss of Ability of move and use the joint, Pop/Tear at time of the injury
Tendon Disorders	- Tendinitis, Tendinosis, Tenosynovitis
Dislocations	
Fractures	

Complex Regional Pain Syndrome (CRPS)

- 2 types,
CRPS-I - soft tissue injury/immobilisation with absence of nerve injury
CRPS-II - occurs after an injury to a major peripheral nerve
- Continuous, intense pain not related to the injury, gets worse than better over time

Budapest Criteria

- Presence of pain which is not related to the causative event
- Presence of one sign in two or more of the categories listed below
- Presence of at least one symptom in three or more of the categories listed below
- Ruled out other diagnosis

Categories

- Sensory:** Allodynia (light touch, temperature, deep somatic pressure/joint movement), and/or hyperalgesia (pin prick), can have hyperesthesia
- Vasomotor:** Temperature differences (> 1C)/skin colour changes and or skin colour asymmetry
- Sudomotor/oedema:** Oedema/sweating/sweating asymmetry
- Motor/Trophic:** Reduction in ROM/motor dysfunction (weakness, tremour, dystonia) and/or trophic changes

Shoulder Injuries

- Dislocated/Subluxated AC Joint
- Fractured Clavicle
- Dislocated Shoulder
- Supraspinatus Tendinopathy
- FOOSH



Management

Patient Centred diagnosis:

Significance of illness to patient

Effect on family and relationships, work and income, sexuality, attitude + spirituality

Psychological effects - stress, anxiety, abnormal illness behaviour, sleep, depression

Patient centred management:

Psychological support

Appropriate reassurance

Patient Education

Empowering self responsibility

Anticipatory guidance/special hazards

Prevention

Health Promotion

Lifestyle recommendations/modifications - diet/nutrition, exercise, alcohol, smoking, stress management

Family and social supports

Self Help groups

Alternative options

Consultation and referral

Follow- up

AC Joint Injuries

- Arthritis - Weightlifters

- Fractures

- Sprains (with/without separation and instability)

Elbow Injuries

- Soft Tissue - lateral + medial epi condylitis

Hand Injuries

- Fractures + Dislocation of the phalanges + metacarpals

- Mallet Finger and Gamekeeper/Skier's thumb

