

Glenohumeral Osteoarthritis

Although OA of the glenohumeral joint is often not as common as say in the hips, knees and hands, it can significantly affect activities of daily living. Patients who have had previous trauma or shoulder surgery are most likely to develop problems in later life. Long standing rotator cuff problems can also lead to instability and eventually OA.

Presentation

- Swelling and signs of osteo formation
- Crepitus with possible locking and clunking in more severe cases
- Pain – aching and sharp, stabbing pains
- Restricted ROM that can be both bony and capsular
- Some increase temp but no redness
- Marked morning stiffness
- Night pain in severe cases

Examination

- Moderate to severe loss of ROM, particularly flexion
- Palpable and audible crepitus
- Associated shoulder weakness with possible signs of full thickness cuff tears on Drop arm testing, open can test and to resisted lateral rotation
- Difficulty getting dressed/undressed

Outcome Measure

The Oxford Shoulder Score can be a helpful tool when attempting to subjectively measure the severity and impact of a patient's shoulder on their daily life. It can also be helpful when deciding on possible interventions.

Investigations

Evidence of degeneration and joint distortion can easily be seen on xray and can give some additional information for diagnosis and possible management.

Treatment

- Activity modification – avoidance of overhead activity when able. In severe cases encouraging patients to put regularly used items in the kitchen and bathroom at chest level can help to reduce their symptoms
- Pain management
- Steroid Injection
- Referral
 - Physiotherapy
 - Surgery in severe cases

When to refer to secondary care

Surgical criteria and possible interventions

Further reading and resources

NHS CLINICAL KNOWLEDGE SUMMARIES - Osteoarthritis

http://www.cks.nhs.uk/osteoarthritis/management/detailed_answers/overview_of_management

ARC - The management of shoulder disorders in primary care

http://www.arthritisresearchuk.org/files/6534_05032010154554.pdf

NHS CHOICES – Shoulder Osteoarthritis

<http://www.nhs.uk/Conditions/shoulderpain/Pages/Introduction.aspx>

ARTHRITIS RESEARCH UK – Shoulder pain leaflet

<http://www.arthritisresearchuk.org/Files/2039-Shoulder-pain.pdf>

OUTCOME MEASURES – Oxford shoulder score

<http://phi.uhce.ox.ac.uk/pdf/OxfordScores/Oxshoulderscore.pdf>

<http://www.orthopaedicscore.com/>