FOLLOW-UP OF SOFT TISSUE INJURIES OF THE SHOULDERS
(Excl dislocations)

First visit
Patients with
- Negative conventional x-rays in two views
and
- At least one of the following:
  o Active range of abduction reduced by > 30 degrees compared to the uninjured side by normal clinical examination, or significant loss of power
  o Active range of external rotation reduced by > 20 grader compared to the uninjured side by normal clinical examination, or significant loss of power
  o 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

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