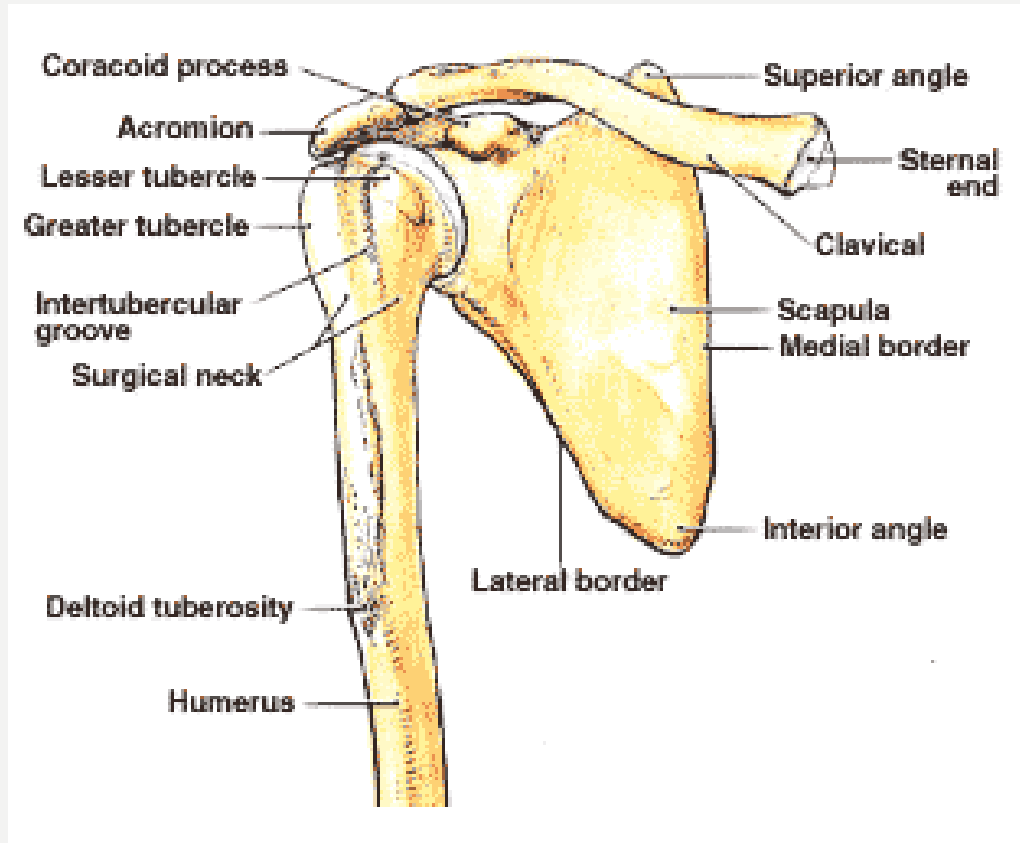


**SHOULDER AND
KNEE PAIN:
COMMON CASE**

**DR DEWA GEDE KURNIA PRATAMA, SPOT
RS BALIMED DENPASAR**

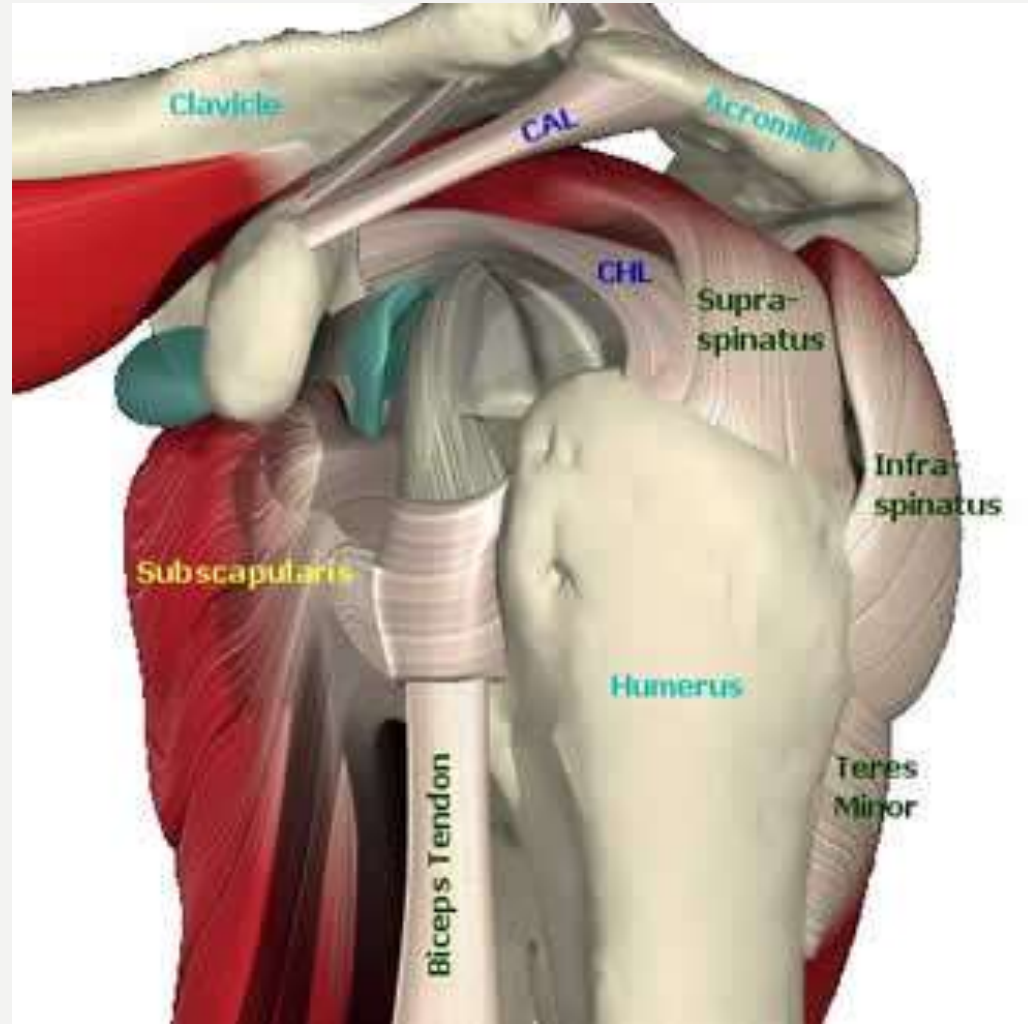
ANATOMY



- 3 Bones
 - Humerus
 - Scapula
 - Clavicle
- 3 Joints
 - Glenohumeral
 - Acromioclavicular
 - Sternoclavicular
- 1 “Articulation”
 - Scapulothoracic

ANATOMY

- Rotator Cuff Muscles
 - **S** – Supraspinatus
 - **I** – Infraspinatus
 - **t** - Teres minor
 - **S**- Supscapularis



COMMON CASE

- Trauma
 - Fracture
 - Dislocation
 - Ligamen or tendon injury
- Degenerative
 - Frozen shoulder
 - Impingement syndrome
 - Adhesive capsulitis

MECHANISM OF INJURY ??

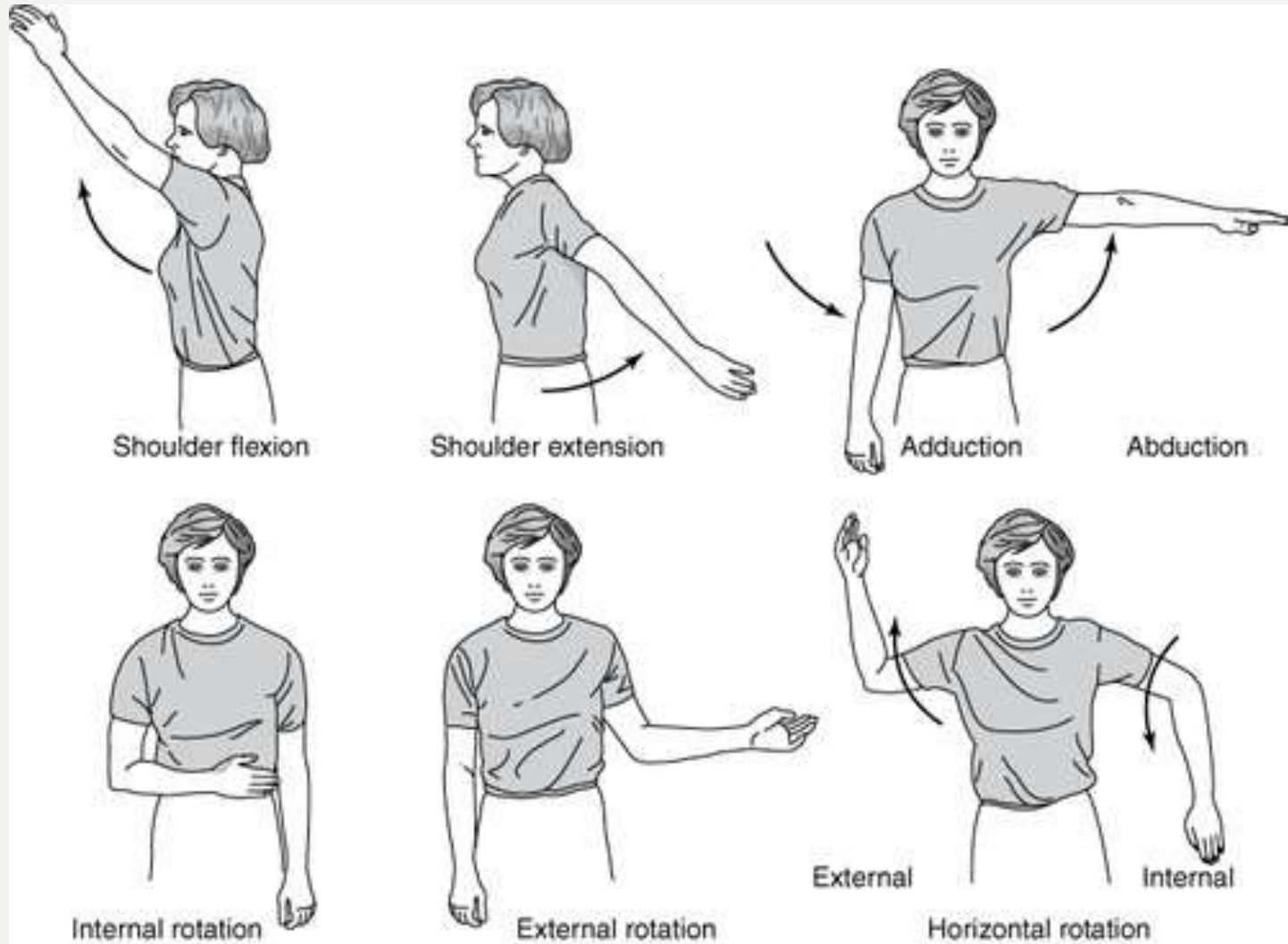


PHYSICAL EXAM

- Observation
 - Undress waist → up
- Palpation
- Active & passive ROM
- Strength testing
- Special tests



ROM SHOULDER



Source: Skinner HB: *Current Diagnosis & Treatment in Orthopedics*, 4th Edition: <http://www.accessmedicine.com>

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IMAGING

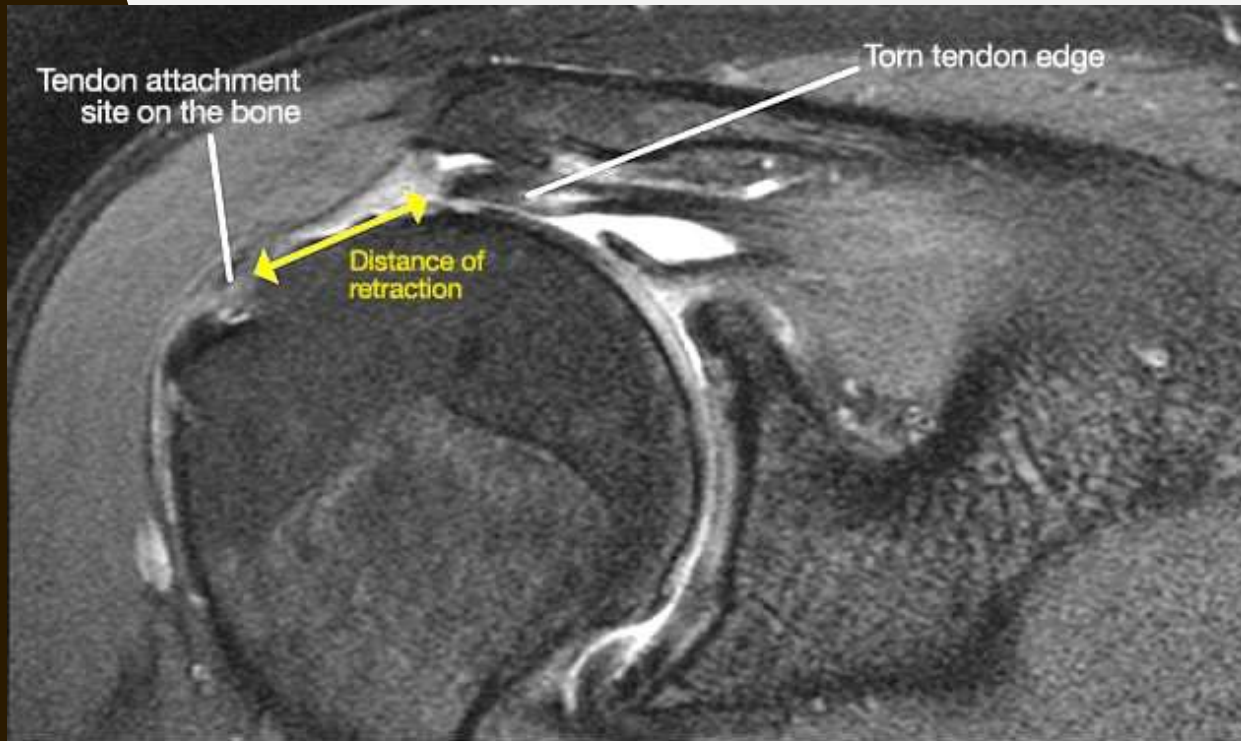


STILL IN DOUBT??

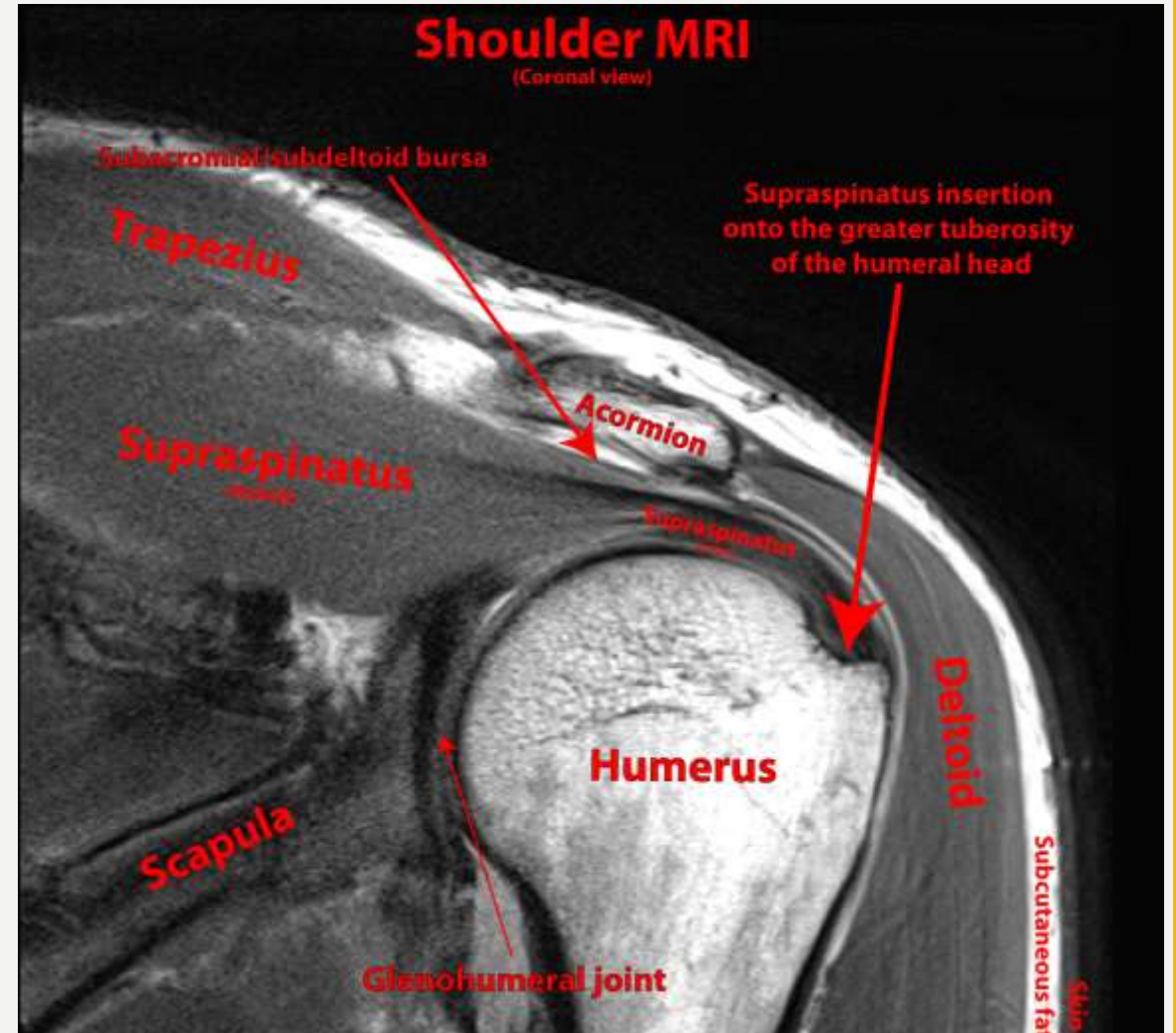


- MRI SHOULDER

MRI



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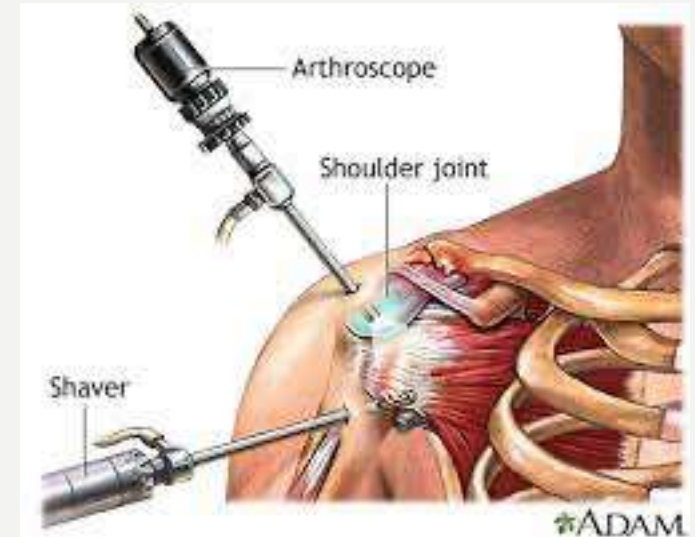
TREATMENT



- Conservative
 - Physiotherapy
 - NSAID's
 - Injection



OPERATIVE → ARTHROSCOPY



A close-up photograph of a person's knee being massaged by two hands. The hands are positioned on either side of the knee, with fingers applying pressure. A bright red glow is visible on the knee joint, suggesting pain or inflammation. The background is a plain, light-colored wall. The image is framed by a yellow border on the left and right sides.

KNEE PAIN

ANATOMY



COMMON CASE

- Trauma
 - Fracture
 - Dislocation
 - Sprain ligament
 - Ligament tear
- Non trauma
 - Degenerative → Osteoarthritis
 - Infection
 - Tumor

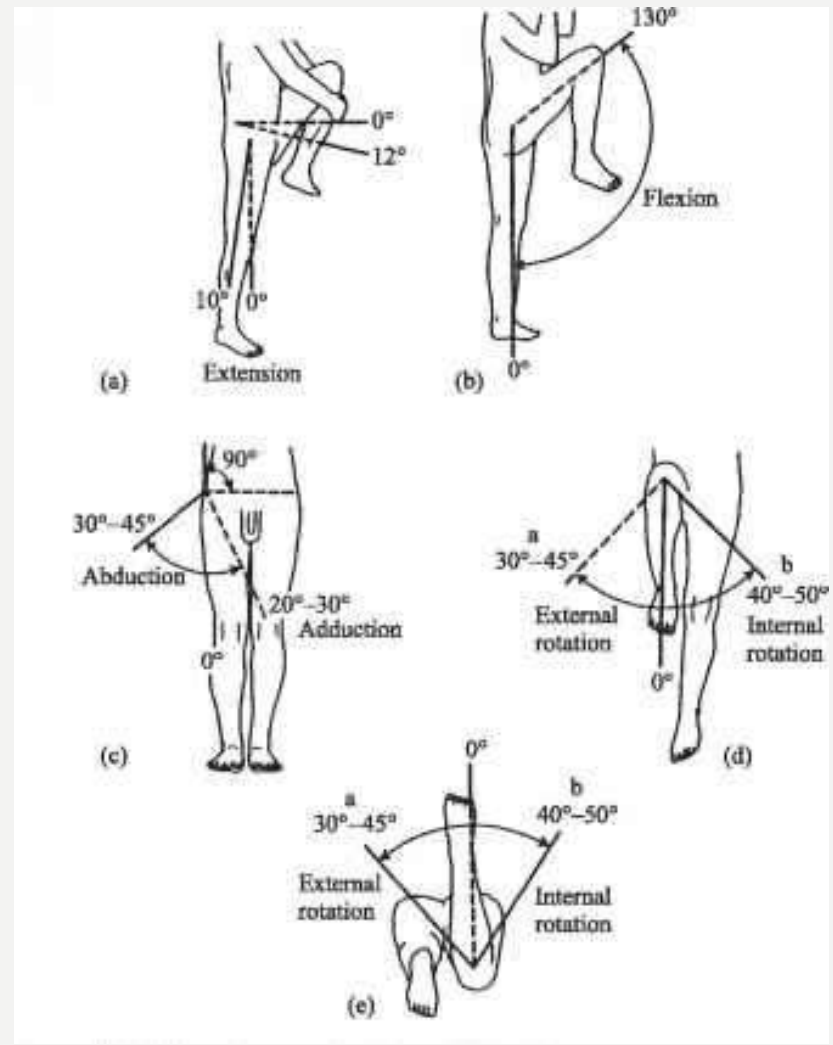
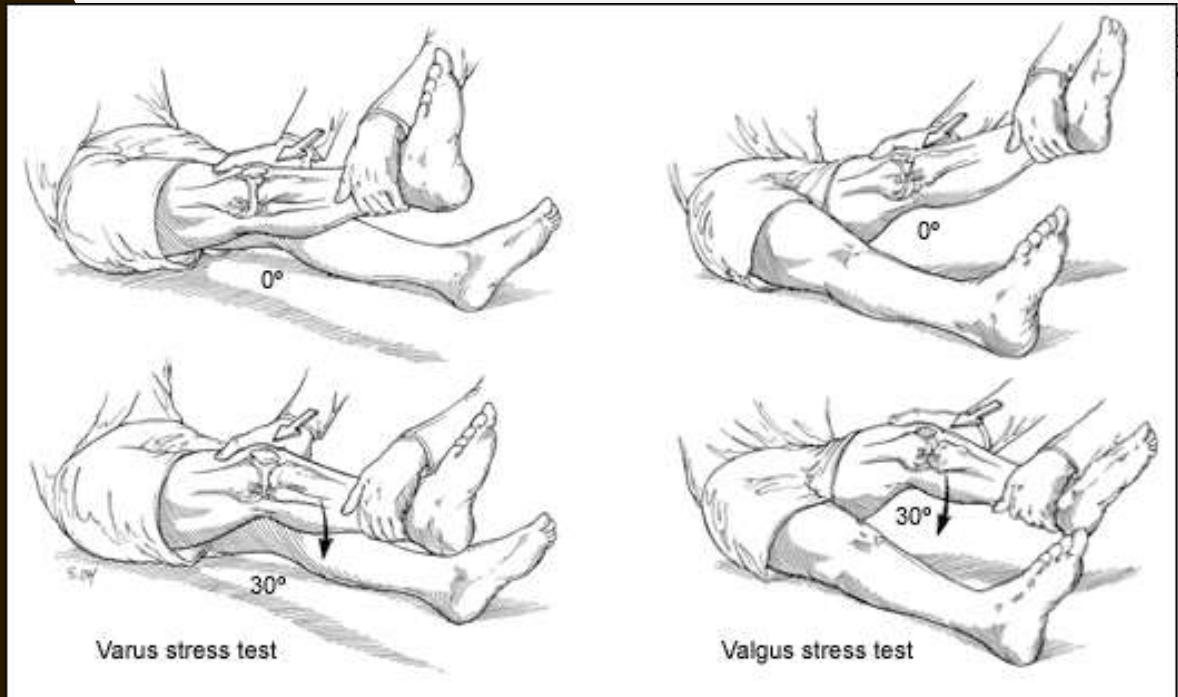
CLINICAL SIGN



- Swelling
- Pain when walk or upstairs
- Morning stiff → degenerative

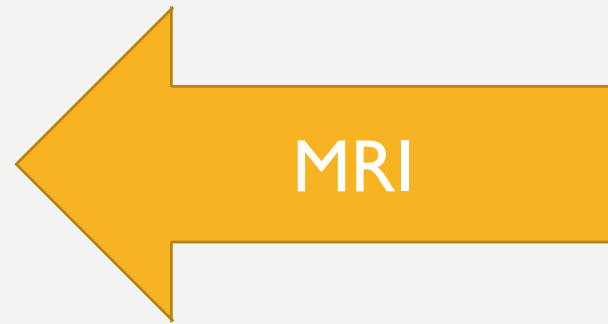


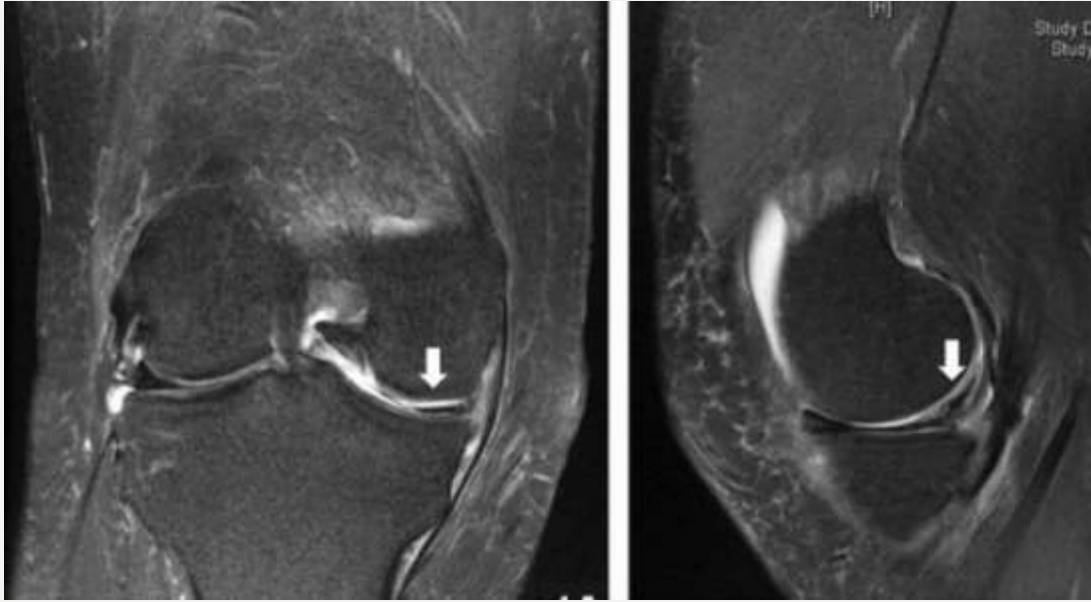
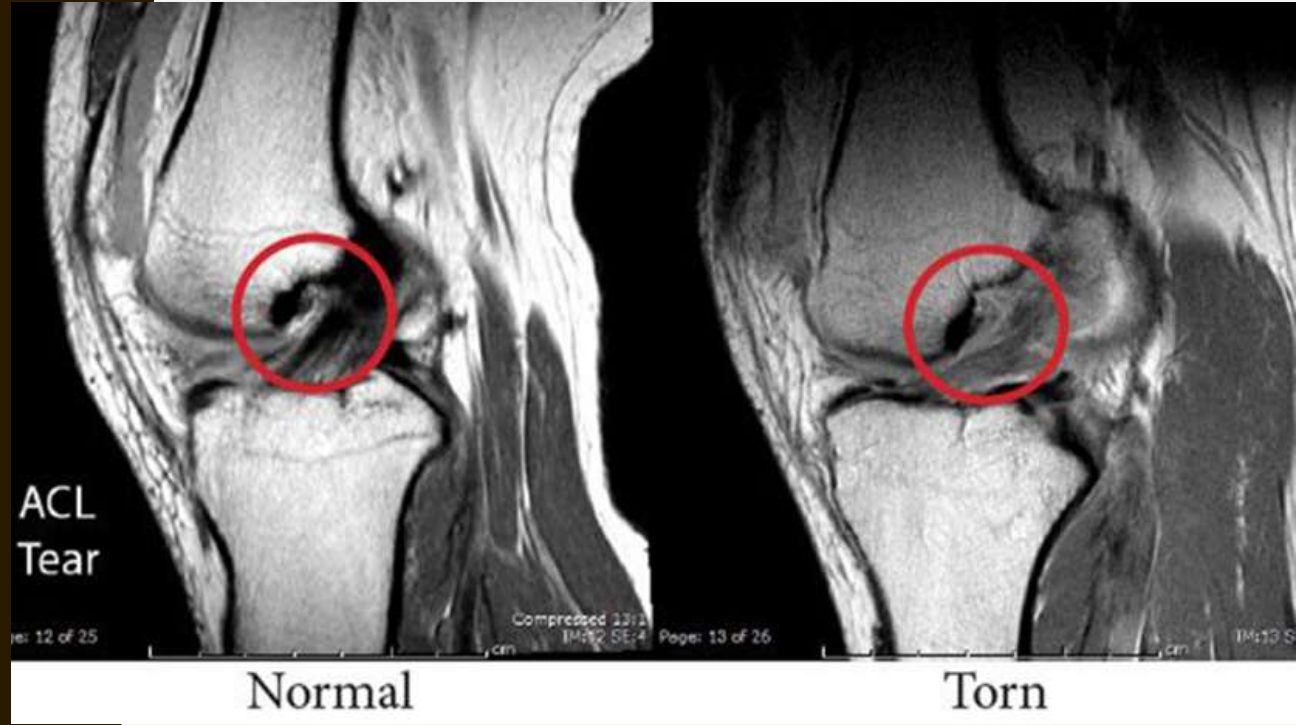
CLINICAL EXAM



X-RAY



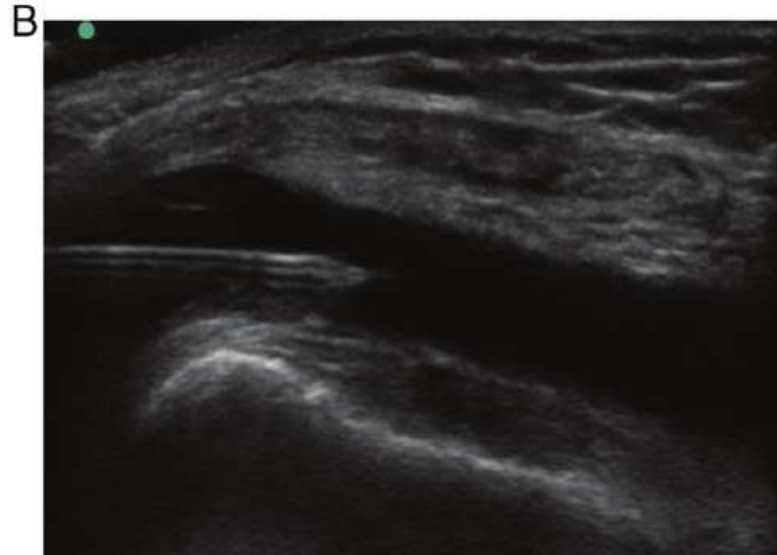
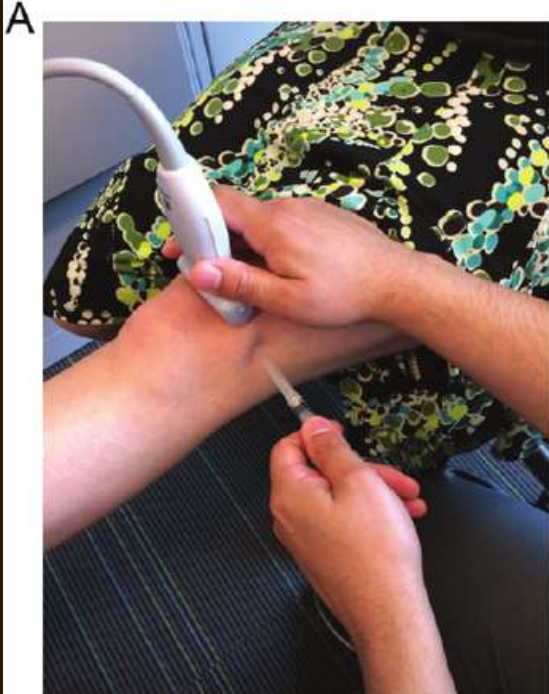




TREATMENT

- Conservative
 - Physiotherapy
 - Analgetics
 - Injection

- Operative
 - Arthroscopy



TAKE HOME MESSAGE

- Shoulder and knee pain are the most common case came to clinic
- MOI and onset pain → important
- Physical exam → look – feel – move
- Imaging tools for more accurate diagnose
- Good Diagnose – Good Treatment



THANK YOU