

Shoulder Pain Triage Pathway

Start here

Red Flags

Investigate to rule out or refer

Referred pain from elsewhere

Neck Pain

Consider PMR, IHD, Lung CA,
Diaphragmatic

Shoulder instability

HX of previous traumatic
dislocation

No HX trauma

Refer to MSK Sheffield
(Orthopaedic - Shoulder and
Elbow) for surgical candidate
and opinion.

Cuff tear suspected

Surgical candidate?

Yes

MSK Sheffield (Physiotherapy
- MSK - MSK Shoulder
and Elbow) for access to
physiotherapy/rehabilitation,
sports medicine, imaging,
injections and onward referral
to surgery, rheumatology and
pain

No

All other shoulder pain

Initial GP management
analgesia/advice (including
injection - if skilled)

Review at 2-4 weeks

Improved

