

Neck and Shoulder Pain Objectives

At the end of the session the resident will be able to:

Neck pain:

1. Identify common causes of neck pain
2. Review the important components of the physical exam (including focused neurological exam and special tests (e.g. Spurling's)
3. Recognize red flag symptoms (including signs of referred neck pain from underlying systemic disease)
4. Outline a rational approach to diagnostic imaging
5. Review multi-modal approach to treatment of neck pain including pharmacological and non-pharmacological approaches

Shoulder Pain:

1. Identify common causes of shoulder pain
2. Review key historical features of pt presenting with shoulder pain to delineate underlying etiology (e.g. primary joint/ rotator cuff pathology versus manifestation of underlying systemic disease).
3. Review key components of the physical exam including special tests to identify source of the pain
4. Outline rational approach to diagnostic imaging
5. Review multi-modal approach to treatment of shoulder pain including pharmacological and non-pharmacological approaches