

## Musculoskeletal problems in chronic spinal cord injury patients – Management recommendations for GPs

	<b>Soft tissue</b>	<b>Management Recommendation</b>	<b>Bone</b>	<b>Management Recommendation</b>
<b>Shoulder</b>	Rotator cuff tear	Orthopaedic referral	Subacromial impingement	X-rays/USG +/- Local steroid injection
	Subacromial bursitis	X-rays/USG +/- Local steroid injection	Glenohumeral Joint Arthritis	X-rays +/- Local steroid injection
	Adhesive Capsulitis (Frozen shoulder)	Physiotherapy with Range of Movement exercises +/- Orthopaedic referral	Acromioclavicular Joint arthritis	X-rays +/- Local steroid injection
	Bicipital tenosynovitis	USG Local steroid injection	Heterotopic ossification	X-rays + Rehab referral
<b>Elbow</b>	Olecranon bursitis	Antibiotics+/- USG+/- Local steroid injection	Heterotopic ossification	X-rays + Rehab referral
	Lateral epicondylitis (Tennis elbow)	Orthotics + Local steroid injection		
	Cubital tunnel syndrome	Orthopaedic referral		
<b>Wrist</b>	De quervain tenosynovitis	Orthopaedic referral	First carpo-metacarpal osteoarthritis	X-rays +/- Local steroid injection + Splint
	Carpal tunnel syndrom	Orthopaedic referral		

	<b>Soft tissue</b>	<b>Management Recommendation</b>	<b>Bone</b>	<b>Management Recommendation</b>
<b>Spine</b>	Disc degeneration	Orthopaedic referral	Facet joint arthritis	X-rays + Image guided steroid injection
			Lumbar spondylosis	Physiotherapy+ Orthopaedic referral
			Spinal deformity -Scoliosis -Kyphosis	Orthopaedic referral
			Pathological fractures including osteoporotic fractures	Referral to Metabolic Bone disease+/- Orthopaedic referral
<b>Hip</b>	Trochanteric bursitis	X-rays/USG +/- Image guided steroid injection	Osteoarthritis	X-rays +/- Image guided steroid injection
			Heterotopic ossification	X-rays + Rehab referral
<b>Knee</b>			Osteoarthritis	X-rays +/- steroid injection
			Heterotopic ossification	X-rays + Rehab referral
<b>Foot/Ankle</b>	Paronychia	Antibiotics+ Podiatrist +/- Orthopaedic referral	Heterotopic ossification	X-rays + Rehab referral
	Onchocryptosis (Ingrown toenail)	Antibiotics+ Podiatrist +/- Orthopaedic referral	Equinus	Rehab referral (Botulinum Toxin Injections)+ MDT assessment +/- Orthotics+/-serial casting
	Spastic toe clawing	Rehab referral + Orthotics	Equinovarus deformity	Rehab referral (Botulinum Toxin Injections)+ MDT assessment +/- Orthotics
	Striatal toe (Hitchhiker's toe) deformity	Rehab referral (Botulinum Toxin Injections)		