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# **CLINICAL CASES**

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Case: Mr. AP

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# Case: Mr. AP

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- 37-year-old male
  - Pain in the superior aspect of the right shoulder
  - Collided with another player on the football field 2 days ago
  - Continued to play following this trauma
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# Mr. AP: Discussion Question

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**WHAT DO YOU EXPECT TO FIND UPON  
EXAMINING THE SHOULDER AND NECK?**

# Mr. AP: Shoulder and Neck Examination

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- Inspection: slight anterosuperior swelling
  - Cervical spine: normal
  - Range of motion: normal (external rotation, abduction, internal rotation)
  - Rotator cuff tests: normal
  - Acromioclavicular joint:
    - Palpation: painful
    - Scarf test: positive
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# Mr. AP: Discussion Question

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**WHAT IS YOUR DIAGNOSIS?**

# Mr. AP: Diagnosis

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- You diagnosis Mr. AP with acromioclavicular joint sprain



# Mr. AP: Discussion Question

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**WHAT IS YOUR RECOMMENDED  
TREATMENT PLAN?**



# Mr. AP: Treatment Plan

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- Acetaminophen or other short-term coxib/nsNSAID administered regularly are recommended for relief of mild to moderate acute musculoskeletal pain
- Sling for comfort
- Taping by physiotherapist
- Physiotherapy or therapeutic exercise
- Return to playing football in 1-4 weeks, according to pain


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## Case: Mr. MSK

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# Case: Mr. MSK

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- 26-year-old male
  - Medial knee pain
  - Twisted his knee while rollerblading 4 days ago
  - Swollen knee next day
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# Mr. MSK: Discussion Question

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**WHAT ELSE WOULD YOU LIKE TO KNOW?**

# Mr. MSK: Additional Information

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- Pain is triggered rollerblading
    - First time in several months he has been rollerblading
    - Remembers twisting at one point with pain
    - Continued rollerblading as did not want to lose face in front of his friends
  - Was on crutches last year due to a football injury in the same knee
  - Awoke with increased pain and swelling next day
  - No old surgery or deformity
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# Mr. MSK: Discussion Question

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**WHAT PHYSICAL EXAMINATION  
WOULD YOU DO?**



# Mr. MSK: Physical Examination

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- Slight limp
- No excess weight
- No genu varum or valgum
- Knee swollen?
- Locates pain medially with finger
- Difficult to crouch
- Hip: clear
- Swelling:
  - Fluid wave test: positive
  - Patellar tap: negative
- Palpation: pain medial joint line, particularly posterior
- Range of motion: limited flexion with pain ++ (but knee swollen)



# Mr. MSK: Specific Maneuvers

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- Medial and lateral collateral ligaments: no laxity
- Meniscus: positive (McMurray, Thessaly)
- Anterior collateral ligament: negative (anterior drawer, Lachman)
- Posterior collateral ligament: negative (posterior drawer)
- Patella: no apprehension or pain
- Iliotibial band: not evaluated

# Mr. MSK: Discussion Question

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**WOULD YOU CONDUCT ANY FURTHER  
INVESTIGATIONS?  
IF SO, WHAT?**

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# Mr. MSK: Imaging

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- Given Mr. MSK's limited range of motion, you decide to X-ray the knee
  - Findings suggest small meniscal tear
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# Mr. MSK: Discussion Question

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**WHAT IS YOUR DIAGNOSIS?**

# Mr. MSK: Diagnosis

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- You diagnosis Mr. MSK with internal meniscal lesion



# Mr. MSK: Discussion Question

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**WHAT IS YOUR RECOMMENDED  
TREATMENT PLAN?**

# Mr. MSK: Treatment Plan

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- Coxib/nsNSAID
- Physiotherapy or therapeutic exercise
- Consider referral to orthopedist if knee is locking or giving way or if there are mechanical symptoms




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Case: Mrs. PO

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# Case: Mrs. PO

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- 33-year-old woman
  - Single mother of 4-year-old and 2-year-old
  - Scheduled for hysterectomy following diagnosis of uterine myomatosis
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# Discussion Questions

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**WHAT FURTHER INFORMATION  
WOULD YOU LIKE?  
WOULD YOU PROVIDE MRS. PO  
WITH EDUCATION OR ADVICE  
PRIOR TO SURGERY?**


# Mrs. PO: Medical History

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- Occasionally suffers from migraines, which she describes as debilitating
    - Takes over-the-counter ibuprofen for these headaches, which she says sometimes helps
  - No previous surgery
  - No current medications except over-the-counter-multivitamin
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# Mrs. PO: Pre-operative Consultation

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- You discuss Mrs. PO's expectations regarding pain and pain relief following the hysterectomy
  - Mrs. PO indicates that maintaining functionality and caring for her active young sons are a priority
  - You provide her with several informative pamphlets
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# Discussion Question

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**WHAT ARE THE CONSIDERATIONS  
WITH REGARDS TO MRS. PO'S  
POSTSURGICAL PAIN  
MANAGEMENT?  
WHAT WOULD BE YOUR  
TREATMENT PLAN?**

# Mrs. PO: Treatment Plan

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- Immediately following surgery:  
strong opioid + nsNSAID/coxib
- Step-down to: nsNSAID/coxib +  
acetaminophen + weak opioid
- Then: nsNSAID/coxib + acetaminophen




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# Case Template

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# Patient Profile

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- Gender: **male/female**
  - Age: **#** years
  - Occupation: *Enter occupation*
  - Current symptoms: *Describe current symptoms*
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# Medical History

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## Comorbidities

- *List comorbidities*

## Measurements

- BMI: # kg/m<sup>2</sup>
- BP: #/# mmHg
- *List other notable results of physical examination and laboratory tests*

## Social and Work History

- *Describe any relevant social and/or work history*

## Current medications

- *List current medications*

# Discussion Questions

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**BASED ON THE CASE PRESENTATION,  
WHAT WOULD YOU CONSIDER IN YOUR  
DIFFERENTIAL DIAGNOSIS?**

**WHAT FURTHER HISTORY WOULD YOU LIKE  
TO KNOW?**

**WHAT TESTS OR EXAMINATIONS WOULD  
YOU CONDUCT?**

# Pain History

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- Duration: *When did pain begin?*
  - Frequency: *How frequent is pain?*
  - Quality: *List descriptors of pain*
  - Intensity: *Using VAS or other tool*
  - Distribution and location of pain: *Where does it hurt?*
  - Extent of interference with daily activities: *How does pain affect function?*
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# Clinical Examination

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- *List results of clinical examination*

# Results of Further Tests and Examinations

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- *List test results, if applicable*



# Discussion Question

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**WHAT WOULD BE YOUR DIAGNOSIS FOR  
THIS PATIENT?**

# Diagnosis

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- *Describe diagnosis*

# Discussion Question

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**WHAT TREATMENT STRATEGY  
WOULD YOU RECOMMEND?**

# Treatment Plan

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- *List both pharmacologic and non-pharmacologic components of management strategy*

# Follow-up and Response to Treatment(s)

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- *Describe pain, function, adverse effects, etc. at next visit*

# Case Template: Discussion Question

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**WOULD YOU MAKE ANY CHANGES TO  
THERAPY OR CONDUCT FURTHER  
INVESTIGATIONS?**



# Other Investigations

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- *List results of further investigations, if applicable*



# Changes to Treatment

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- *Outline changes to therapy, if applicable*

# Conclusion

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- *Describe pain, function, adverse effects, etc. at next visit*

# What If Scenarios

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- How would your diagnosis/treatment strategy change if...
  - *List what if scenarios*