**Clinical Condition** | **Periarticular / Soft Tissue Rheumatism**
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**Eligibility** | Regional soft tissue pain non-responsive to simple analgesia and physio

**Priority** | **Non-urgent:** Referrals should be faxed to 08 8222 5895

**Differential Diagnoses** | (a) Shoulder/rotator cuff dysfunction
Tennis elbow
Anserine bursitis
Trochanteric bursitis
Carpal tunnel syndrome
Plantar fasciitis, etc.

**Information required with referral** | History:
- trauma
- occupation
- pain pattern

Exam:
- normal passive ROM
- Clinical diagnosis

Other medical and allied health practitioners the patient has seen concerning this problem

**Investigations required with referral** | Imaging not necessarily required. Ultrasonography is generally more informative than conventional radiography for soft tissue abnormalities
And FBC, U&E, LFT, CRP, ESR, x-ray if fails to settle

**Pre-Referral management strategies (information required with referral)** | NSAID oral or topical
Local injection therapy if appropriate. Consider referral for image guided injection by radiologist
Physio to preserve ROM and strengthening exercises.

**Discharge Criteria/information** | Once on the improve
Red flags that should trigger referral back for review: additional symptoms that suggest then possibility of an inflammatory arthropathy

**Fact sheets** | Refer to www.rheumatology.org.au/community/PatientMedicineInformation.asp

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**For more information**

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