Consultation GP with shoulder pain
Management Analgesia & Advise
Ultrasound
Evaluation of effectiveness by GP after 2 weeks
Randomization
Qualification assessment: Evaluation of effectiveness by GP after 2 weeks

Inclusion criteria:
* Shoulder pain upon abduction with painful arc
* Symptoms lasting no longer than 3 months
* First episode of shoulder complaints for 12 months
* Men and women between 18 and 65 years

Exclusion criteria:
* Consultation or treatment in the past 3 months for shoulder complaints
* External rotation range of motion less than 45°
* History of fractures of the proximal humerus or acromion, dislocation and/or surgery of the affected shoulder
* Shoulder complaints caused by rheumatic disease, suspected referred complaints or extrinsic cause
* History of depressive or anxiety disorder, or pain catastrophizing
* Inability to complete a questionnaire independently
* Unable to give informed consent (dementia or psychiatric disorders)
* Involvement in disability or liability procedures

Usual care
Therapy based on Ultrasound findings

- Usual care
- Subacromial injection
- Physiotherapy
- Orthopedic surgeon
- Disease specific

- No pathology
- Bursitis
- Calcific tendinitis
- Tendinopathy
- Partial-thickness tear
- Full-thickness tear
- Other pathology

Disease specific

Measurement
week 13
week 26
week 39
week 52

Effective
End of study

Ineffective

Intervention group
Control group

Blocked randomization

Randomized controlled trial

Qualification period