

CLINICAL POLICY ADVISORY GROUP (CPAG)

NHS Derby and Derbyshire ICB Position Statement on Scans for shoulder pain and guided injections for shoulder pain

Statement

NHS Derby and Derbyshire ICB has deemed that Scans for shoulder pain and guided injections for shoulder pain should not routinely be commissioned.

Scans for shoulder pain

- X-rays should be used routinely as the first line of radiological investigation for the diagnosis of most routine shoulder pathology. This practice should be followed in primary, intermediate and secondary care.
- The use of Ultrasound, MRI and CT scanning should be restricted to those secondary care services that are responsible for the definitive treatment of such patients. The use of these investigations outside secondary care should only be allowed if referral pathways have been developed with the local secondary care specialist shoulder service.
- Primary care patients that are deemed urgent or have red flags should be referred urgently to the appropriate secondary care team.

Image guided injections for shoulder pain

- Image guided subacromial injections are not recommended in primary, intermediate or secondary care. Evidence does not support the use of guided subacromial injections over unguided subacromial injections in the treatment of subacromial shoulder pain.
- Other image guided shoulder injections should only be offered under the guidance of a secondary care shoulder service.

This guidance applies to adults aged 19 years and over.

The ICB's commissioning intentions will be reviewed periodically. This is to ensure affordability against other services commissioned by the ICB.

Reference

- [Scans for shoulder pain and guided injections for shoulder pain - EBI](#) (Accessed 04/02/2025)
- NICE Clinical Knowledge (2017) Summary on Shoulder Pain Management.
- BESS/BOA Patient Care Pathways Subacromial shoulder pain R Kulkarni, J Gibson, P Brownson, M Thomas, A Rangan, A Carr and J Rees. *Shoulder & Elbow* 2015, Vol. 7(2) 135–143.
- The Oxford Shoulder Clinic at the Nuffield Orthopaedic Centre. Diagnosis of Shoulder problems in Primary Care poster.
- The British Shoulder and Elbow Society (BESS) and the British Orthopaedic Association (BOA) have produced updated Shoulder Diagnosis, Treatment and Referral Guidelines for Primary, Community and Intermediate Care. These can be found in Appendix 3 of the List 2 Guidance and have been produced in response to comments from clinicians and patients during the EBI consultations, to assist with education and safe implementation of the EBI W1 and W2 shoulder radiology recommendations.
- Optimising outcomes of exercise and corticosteroid injection in patients with subacromial pain (impingement) syndrome: a factorial randomised trial. Roddy E, Ogollah RO, Oppong R, Zwierska I, Datta P, Hall A, Hay E, Jackson S, Jowett S, Lewis M, Shufflebotham J, Stevenson K, van der Windt DA, Young J, Foster NE. *Br Journal of Sports Medicine*.