

How to use this guide

The topic lists are broken into groups of diagnoses which are categorised according their location. The precise location of the symptom for a diagnosis can vary between presentations, however, my reason for presenting in this way is to help with the organisation of your knowledge. In addition, you need to identify the distinguishing features of the illness scripts that allow you to decipher between the differentials for presentations. To learn the distinguishing features, compare the illness scripts for the diagnoses within the categories. I have placed the diagnoses that I consider to be most important in bold. For each of the diagnoses you will need to know:

- Illness scripts (risk factors, symptoms and signs)
- Differential diagnoses
- Investigations
- Management

Below the topic lists you will find resources arranged by type: Guidelines, Therapeutic guidelines, How to treat, AJGP, AFP, Check, Others. I have also placed the most useful resources that cover, in my opinion, important topics in bold. There are too many resources to expect that you will read them all. You will need to prioritise based on 1) useful resources for important topics (in bold) 2) areas of your personal knowledge deficiency and 3) personal learning style preferences. Hope this helps!

<p><u>Musculoskeletal Topics</u></p> <p><u>Diagnoses classified by location</u></p> <p>1) Shoulder AC joint dislocation Adhesive capsulitis (Frozen shoulder) Bicipital tendonopathy Glenoid labrum injuries (SLAP and non-SLAP) Polymyalgia rheumatica Rotator cuff/shoulder syndrome Shoulder dislocation/instability Thoracic outlet syndrome</p> <p>2) Elbow Golfers elbow Olecranon bursitis Pulled elbow Tennis elbow Ulnar nerve entrapment syndrome</p> <p>3) Wrist/hand Carpal Tunnel Syndrome de Quervain's tenosynovitis Kienbock's disease Paronychia Rheumatoid arthritis</p>	<p>Ingrown toenail Morton's neuroma Peroneal tendon dislocation Plantar fasciitis Plantar warts Sever's disease Sprained ankle Tarsal tunnel syndrome Tibialis posterior tendonitis</p> <p>7) Neck Torticollis Whiplash</p> <p>8) Back Ankylosing Spondylitis Coccydynia Discitis Discogenic back pain Enteropathic arthritis Kyphosis/scoliosis Mechanical back pain Psoriatic arthritis Reactive arthritis Scheuermann's disorder Sciatica Spinal stenosis</p>
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<p>Trigger finger</p> <p>4) Hip/inguinal Developmental dysplasia of the hip Gluteus medius tendonitis Obturator nerve entrapment Osteitis pubis Perthes' disease Slipped capital femoral epiphysis Transient synovitis Trochanteric bursitis</p> <p>5) Knee ACL rupture Anserinus tendonitis/bursitis Bakers Cyst Iliotibial band syndrome Knee meniscus injury Osgood-Schlatter disorder Osteochondritis dissecans Patellar tendonitis Patellofemoral syndrome Peroneal nerve entrapment Prepatellar bursitis Pseudogout</p> <p>6) Ankle/foot Achilles tendonitis Achilles tendon rupture Freiberg's disorder Gout</p>	<p>Spondylolisthesis</p> <p>9) Miscellaneous topics Barmah forest virus Behcet's syndrome Bornholm disease Compartment syndrome Costochondritis Dermatomyositis Fibromyalgia Ganglion Juvenile idiopathic arthritis Meralgia paraesthetica Osteoarthritis Osteoid osteoma Osteomyelitis Osteoporosis Paget's disease Parvovirus Polymyositis Raynaud's phenomenon Reflex sympathetic dystrophy Rheumatic fever Ross river virus Scleroderma Septic arthritis Sjogren's syndrome SLE Stress fracture</p>
<p><u>Guidelines</u></p> <p>RACGP endorsed guidelines Clinical guideline for the prevention and treatment of osteoporosis in post-menopausal women and older men https://www.racgp.org.au/clinical-resources/clinical-guidelines/guidelines-by-topic/view-all-guidelines-by-topic/musculoskeletal-health/osteoporosis Guideline for the non-surgical management of hip and knee osteoarthritis – https://www.racgp.org.au/clinical-resources/clinical-guidelines/guidelines-by-topic/view-all-guidelines-by-topic/musculoskeletal-health/knee-and-hip-osteoporosis</p>	
<p><u>Therapeutic guidelines etg</u></p> <p>Gout Calcium pyrophosphate deposition Osteoarthritis Viral arthritis Rheumatoid arthritis Spondyloarthritides, including psoriatic arthritis Juvenile idiopathic arthritis Inflammatory connective tissue diseases Raynaud phenomenon and digital ischaemia</p>	

Polymyalgia rheumatica and giant cell arteritis

Neck pain

Low back pain

Thoracic spine pain

Fibromyalgia

Healthpathways (contact your local PHN for website link and password details)

Polymyalgia rheumatica

Osteoarthritis

Fibromyalgia

Inflammatory arthritis

AJGP <https://www.racgp.org.au/ajgp/issues>

Imaging of the knee: Common acute presentations to General Practice

<https://www1.racgp.org.au/ajgp/2020/june/knee-imaging>

Symptom management for patients awaiting joint replacement surgery

<https://www1.racgp.org.au/ajgp/2020/july/symptom-management-for-patients-awaiting-joint-rep>

Overuse injuries in the athlete

<https://www1.racgp.org.au/ajgp/2020/january-february/overuse-injuries-in-the-athlete>

Idiopathic frozen shoulder

<https://www1.racgp.org.au/ajgp/2019/november/idiopathic-frozen-shoulder>

The side of my wrist hurts: De Quervain's tenosynovitis

<https://www1.racgp.org.au/ajgp/2019/november/side-of-my-wrist-hurts>

Improving early detection of developmental dysplasia of the hip through GP assessment and surveillance

<https://www1.racgp.org.au/ajgp/2018/september/improving-early-detection-of-developmental-dysplas>

Chronic gout: Barriers to effective management

<https://www.racgp.org.au/AJGP/2018/June/Chronic-gout>

Temporo-mandibular dysfunction

<https://www.racgp.org.au/AJGP/2018/April/Temporomandibular-dysfunction>

AFP (RACGP)

Lisfranc injuries

<https://www.racgp.org.au/afp/2017/march/lisfranc-injuries/>

Rheumatology in the adolescent patient

<https://www.racgp.org.au/afp/2017/august/rheumatology-and-the-adolescent-patient/>

Paediatric sports injuries July 2016

<http://www.racgp.org.au/afp/2016/july/paediatric-sports-injuries/>

Initial assessment of the injured shoulder

<http://www.racgp.org.au/afp/2012/april/initial-assessment-of-the-injured-shoulder/>

Shoulder injuries Management in general practice

<http://www.racgp.org.au/afp/2012/april/shoulder-injuries/>

Sports ankle injuries Assessment and management

<http://www.racgp.org.au/afp/2010/januaryfebruary/sports-ankle-injuries-assessment-and-management/>

Shin pain in athletes Assessment and management

<http://www.racgp.org.au/afp/2010/januaryfebruary/shin-pain-in-athletes-assessment-and-management/>

Sports knee injuries Assessment and management

<http://www.racgp.org.au/afp/2010/januaryfebruary/sports-knee-injuries-assessment-and->

[management/](#)

Systemic lupus erythmatosus: When to consider and management options

<http://www.racgp.org.au/afp/2013/october/systemic-lupus-erythmatosus/>

Meniscal tear Presentation, diagnosis and management

<http://www.racgp.org.au/afp/2012/april/meniscal-tear/>

Hands, fingers, thumbs Assessment and management of common hand injuries in general practice

<http://www.racgp.org.au/afp/2012/april/hands,-fingers,-thumbs/>

Check (RACGP)

Check unit 569, Musculoskeletal problems March 2020

Check, unit 553, Musculoskeletal, September 2018

How to treat website (since 2015) <https://www.howtotreat.com.au/how-to-treat>

Knee pain in adults – 11th September 2020

Lumbar spinal canal stenosis and spondylolisthesis – 7th August 2020

Gout - 28th June 2019

Non arthritic hip pain in adults – 15th March 2019

Lumbar radiculopathy and disc herniation 1st August 2018

Diagnostic imaging pathways

Musculoskeletal pathways (non trauma) – (Back and neck, hips, knees, shoulders)

<http://www.imagingpathways.health.wa.gov.au/index.php/imaging-pathways/musculoskeletal-trauma/musculoskeletal>

For curriculum topics not covered by the above articles - suggest using **BMJ's Best Practice** or

Murtagh's General Practice

All management topics - suggest using **therapeutic guidelines**