OSclinic
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PATIENT CHECKLIST

Shoulder & sports — quick guide

Common reasons patients book: rotator cuff pain, instability, frozen shoulder, or sports injury.

Note before your visit

- Note whether pain is at rest, at night, or with overhead activity.
- Bring sport or work demands you need to return to.

Useful questions to ask

- Is my pain coming from the rotator cuff, the joint, or the neck?
- Do I need imaging before starting physiotherapy?
- Which activities should I pause, and which are safe to continue?

Educational checklist only — not a diagnosis or personal treatment plan. For limb-threatening injury, open wounds, or sudden neurological loss, go to hospital emergency care first.