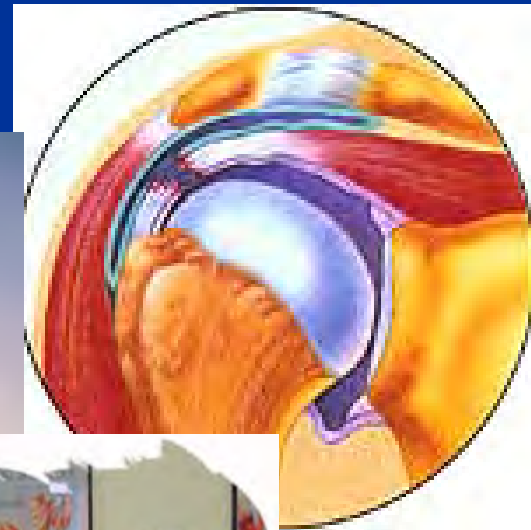
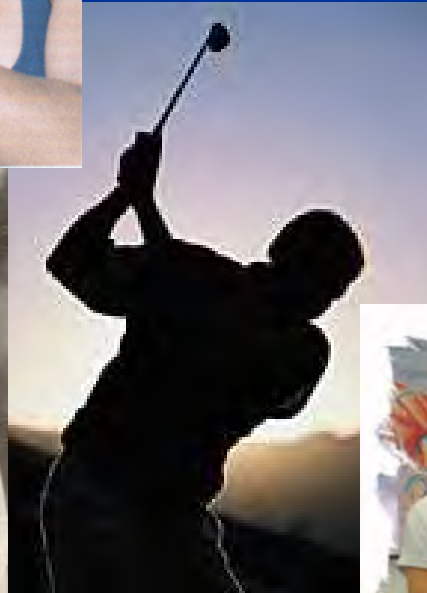
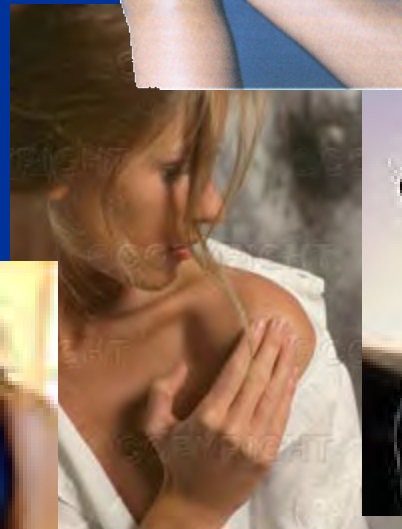
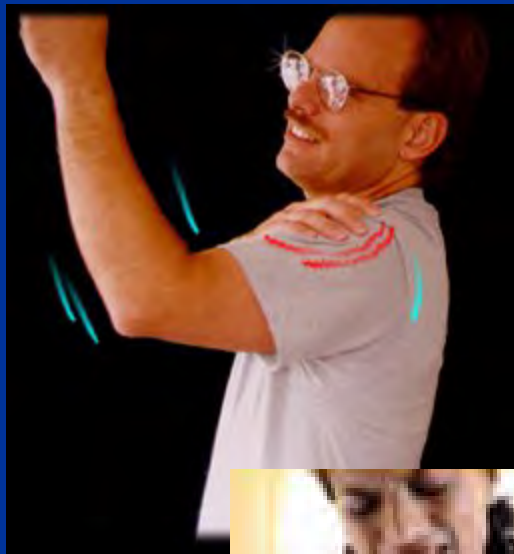
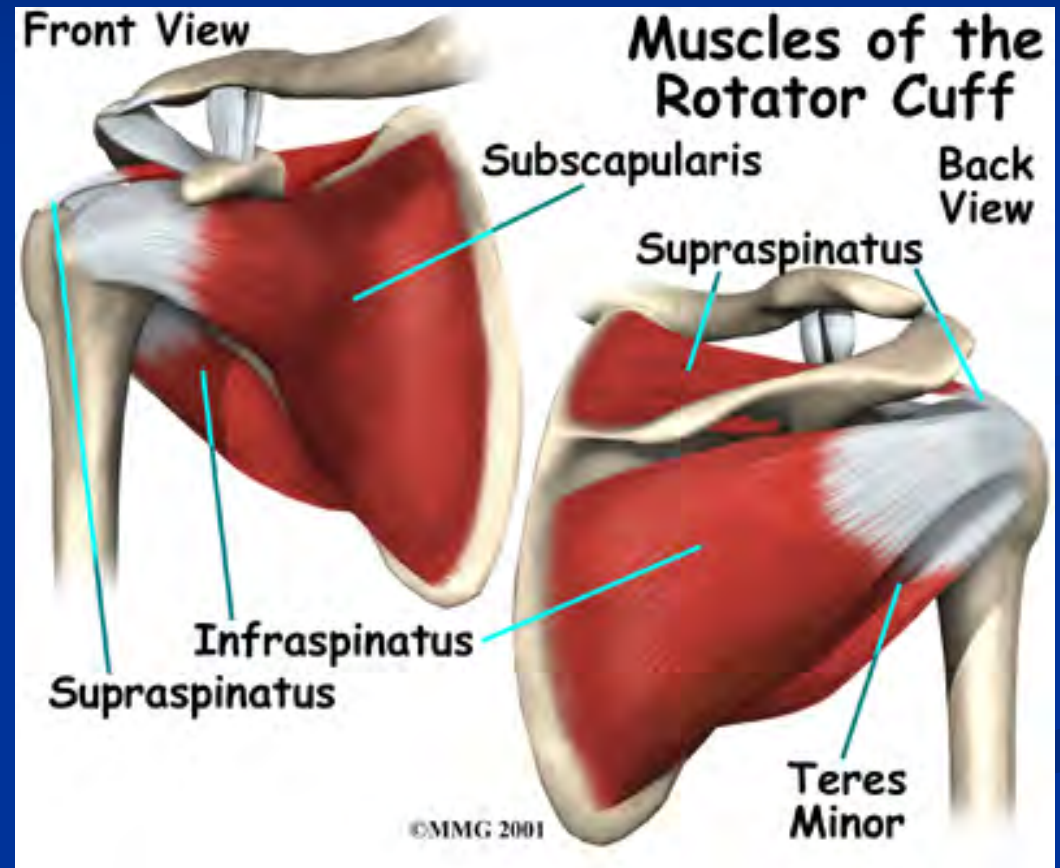


Rotator Cuff Tears

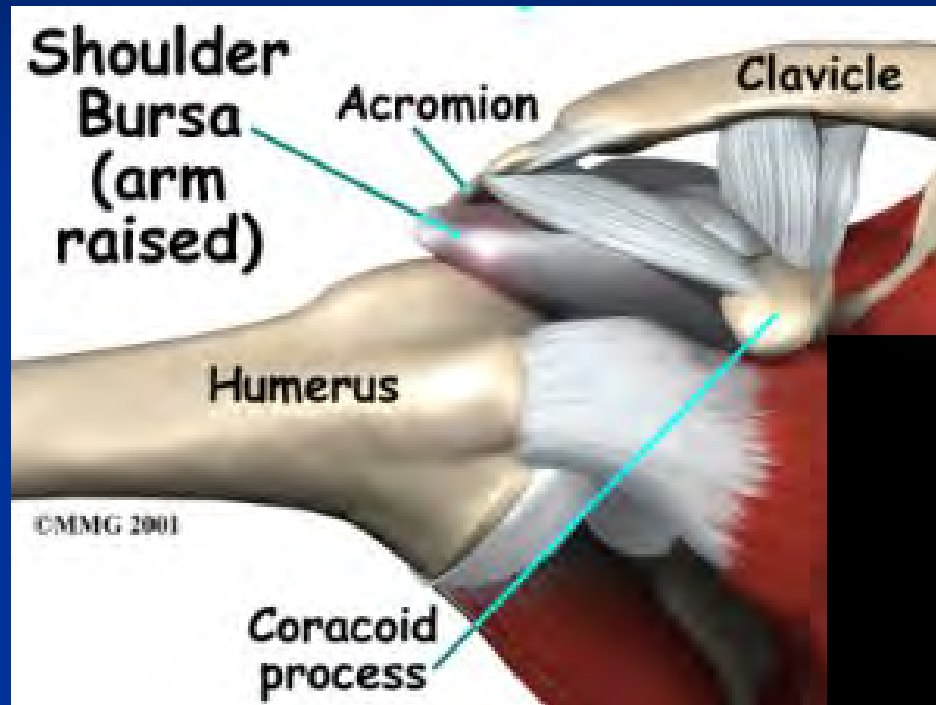


Anatomy

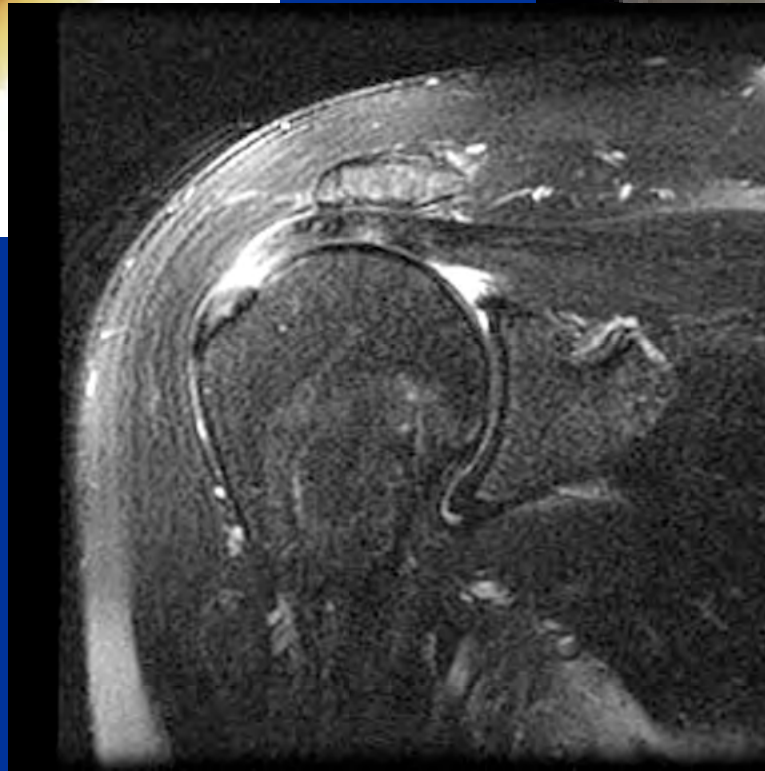
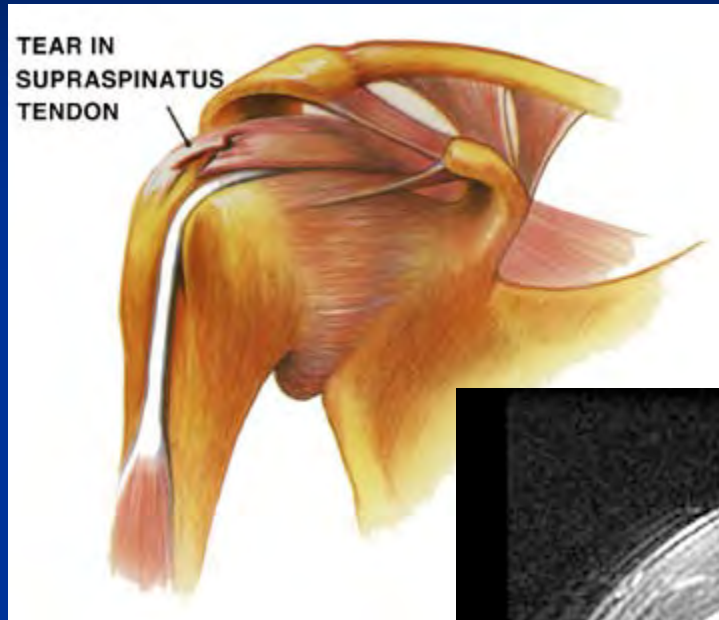
- 4 Muscles
 - 1 in front
 - 1 on top
 - 2 behind



Impingement



Rotator Cuff Tears



What we know...

- Rotator Cuff Tears are common
 - By age of 60 over 50% of people have a tear
- Most tears are degenerative tears
 - Some are traumatic
- Larger tears have loss of greater shoulder function

What we know...

- Rotator Cuff Tears *do not* heal on their own
- Rotator Cuff Tears get **larger** over time
- Some patients with rotator cuff tears do not have pain
 - Many patients *will eventually* have pain

(Yamagucci, *JSES* 2001)

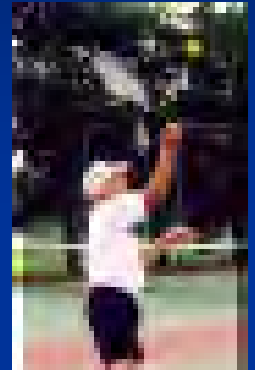
Non-operative Treatment

- Anti-inflammatory Medications
- Physical Therapy
- Cortisone Injections*
- Modification of activities
- 60-70% will show some improvement
- Best for low demand patients
- Rotator cuff will not heal



Activity Levels

- Decision of surgery based on activity level
- “Age” is relative to activity level
- Goals of high activity levels
 - Need maximal function from rotator cuff
 - Consider surgery earlier



Surgical Treatment

■ Options

■ Surgical Treatment – Rotator Cuff Repair

- Opportunity to heal tendon
- Arthroscopic surgery
- Outpatient
- Well-tolerated
- Small-medium size tears have 90-95% chance of improvement

Challenges

- What makes successful repair more difficult

- Smoking

- Diabetes

- Large/Massive rotator cuff tears

- 88-95% improvement

- Savoie (Arthroscopy 2003), Burkhart et al (Arthroscopy 2001)

- Recurrent tears

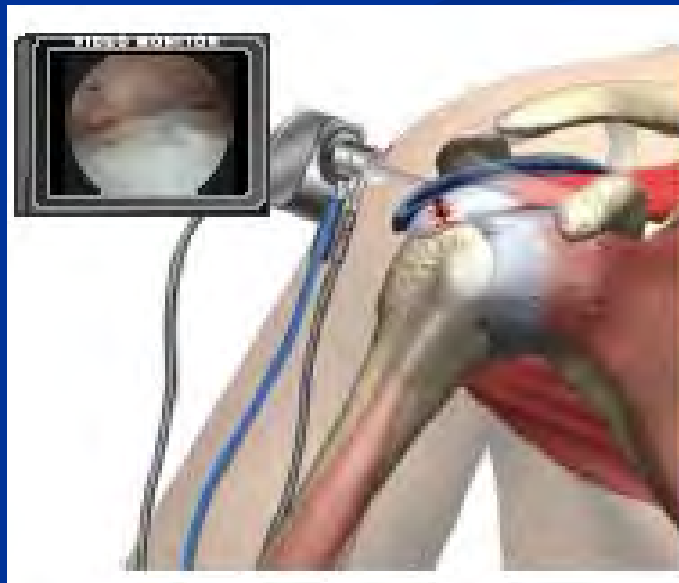
- Multiple Cortisone Injections (Watson JBJS 1985)

Arthroscopic Rotator Cuff Repair

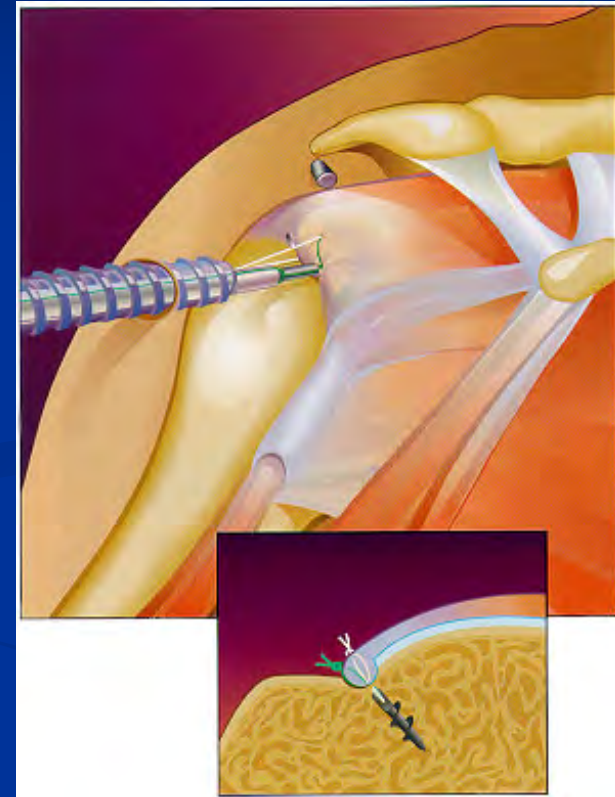
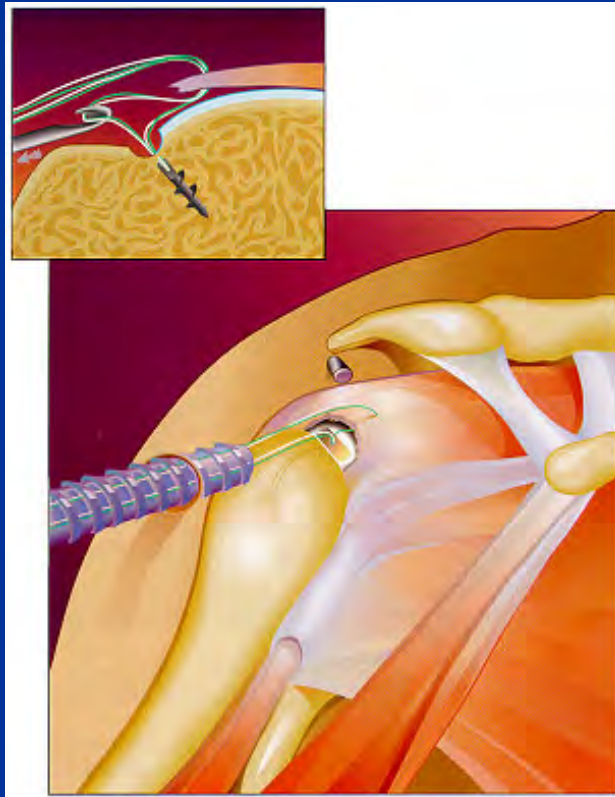
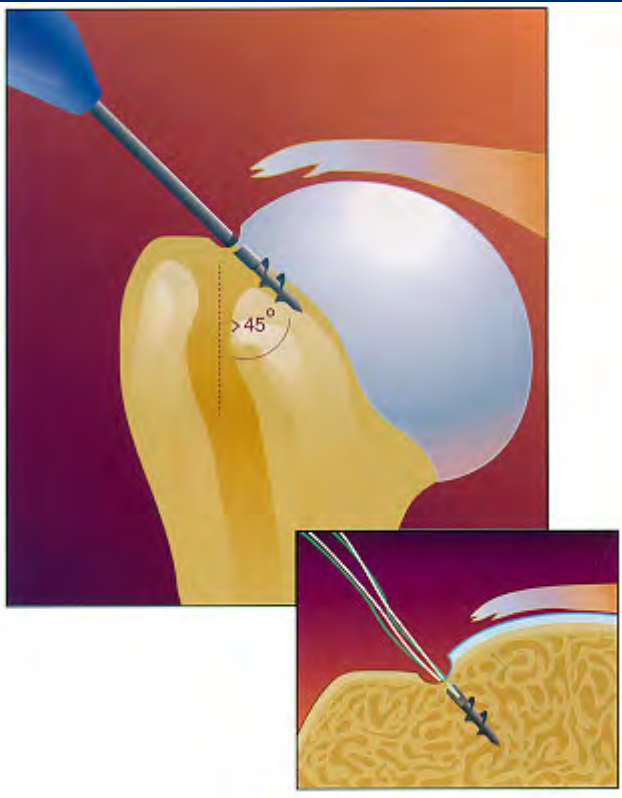
- Small incisions



- Arthroscope
 - Under Water



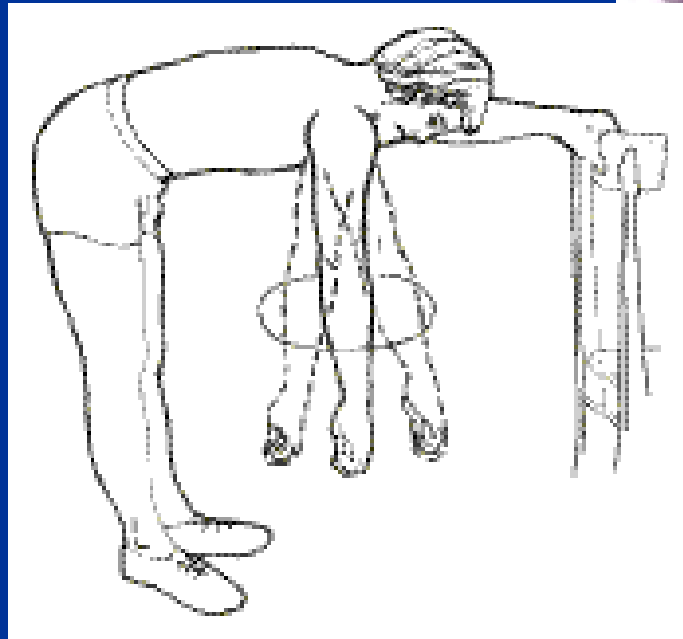
Arthroscopic Repair



Post-operative Rehabilitation

■ Phase 1 (0-6 weeks)

- Shoulder Immobilizer
- Pendulum exercises only
- Pool therapy



Post-operative Rehabilitation

- Phase 2 (6-12 weeks)
 - Stretching
 - Sling when out of house
 - Begin to use arm
 - Golf put, no swing
 - No lifting



Post-operative Rehabilitation

- **Phase 3 (3 months+)**
 - More vigorous activities
 - No strength training until 6 months

Complications

- Rotator Cuff Re-tear

 - 29% (Boileau et al *JBJS* 2005)

- Stiffness

- Infection

- Arthritis

- Nerve Injury

- Suture or Anchor related complications

- Anesthesia risks

Appointments

- Pre-operative Visit
- Post-operative Visit (1 week)
- 1st Follow-up (6 weeks)
- 2nd Follow-up (12 weeks)
- 3rd Follow-up (6 months)
- 4th Follow-up (1 year)
- Annual Visits