

Rotator Cuff Surgery and Rehabilitation

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Open Rotator Cuff Repairs



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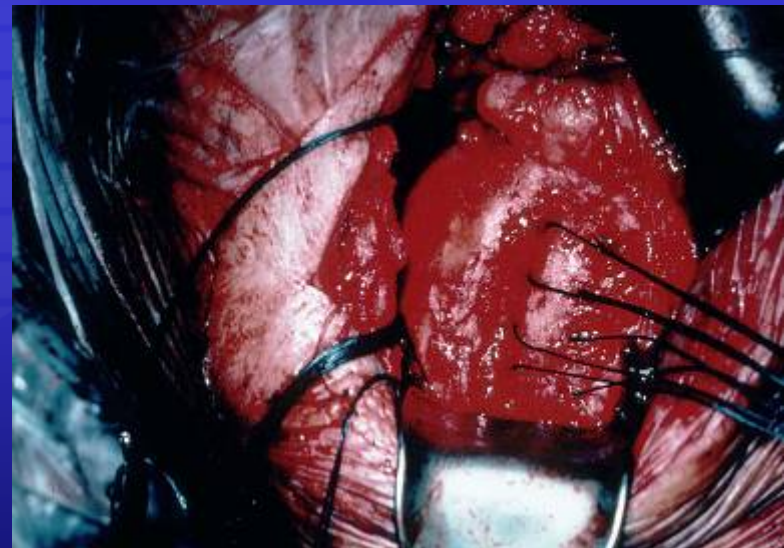
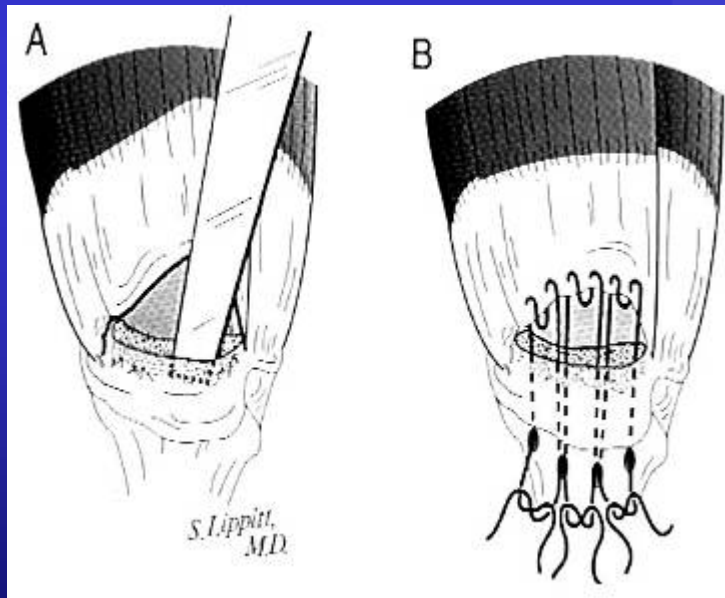
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Partial Deltoid Takedown and Repair



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Advantages Open Repair

- Bony trough
- Trans osseous sutures
- Locking sutures
- Technically straight forward
- Little equipment

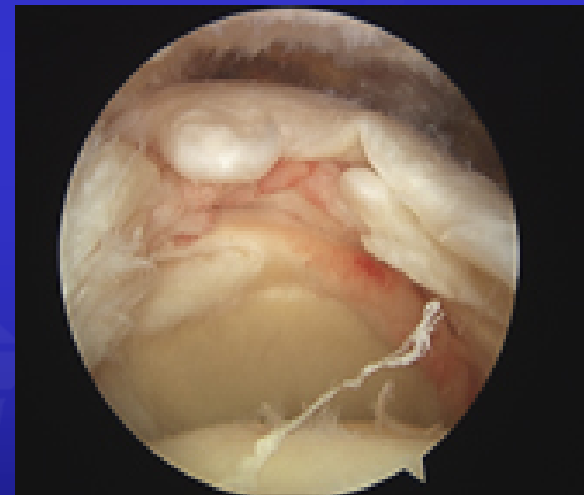


Disadvantages Open Repair

- Deltoid Failure
- Complication Rate
- Diagnosis and treatment of coexisting pathology and tear patterns
- Bursal surface partial thickness tears
- Delaminated tears



Arthroscopic Rotator Cuff Repairs



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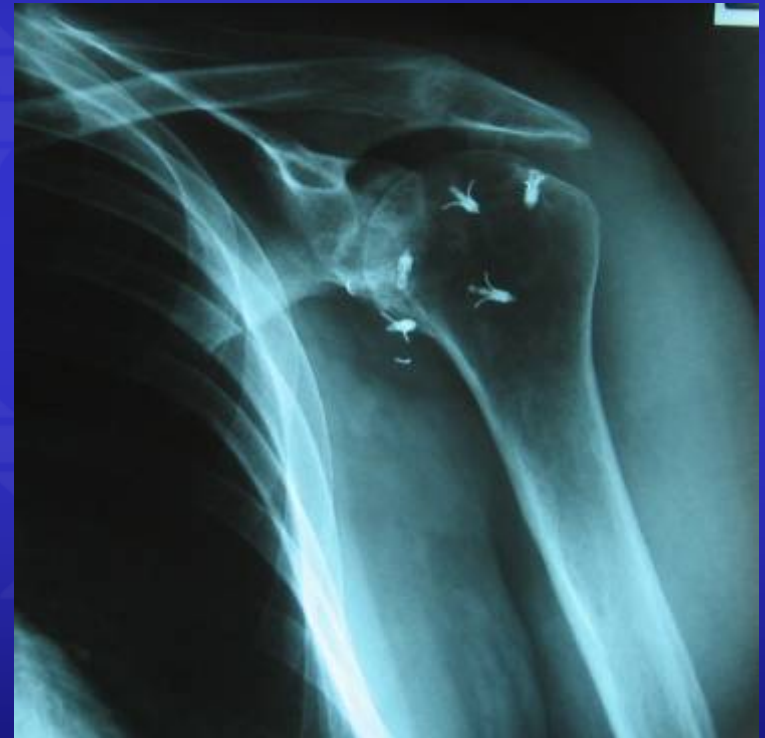
Advantages Of Arthroscopic Repairs

- Low Complication Rate (infection < 1:1500)
- Treatment of coexisting pathology
- Assess tear pattern
- Delaminated and partial thickness tears
- Mobilization of large tears
- Cosmesis
- Less pain (generally)



Disadvantages

- Steep learning curve
- Expensive Equipment
- Spatial awareness
- Healing same as open



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Single vs. Double Row

- Restoration of foot print
- Mechanically stronger in lab
- ? Blood supply
- ? Increased prosthesis costs
- Clinically no difference!

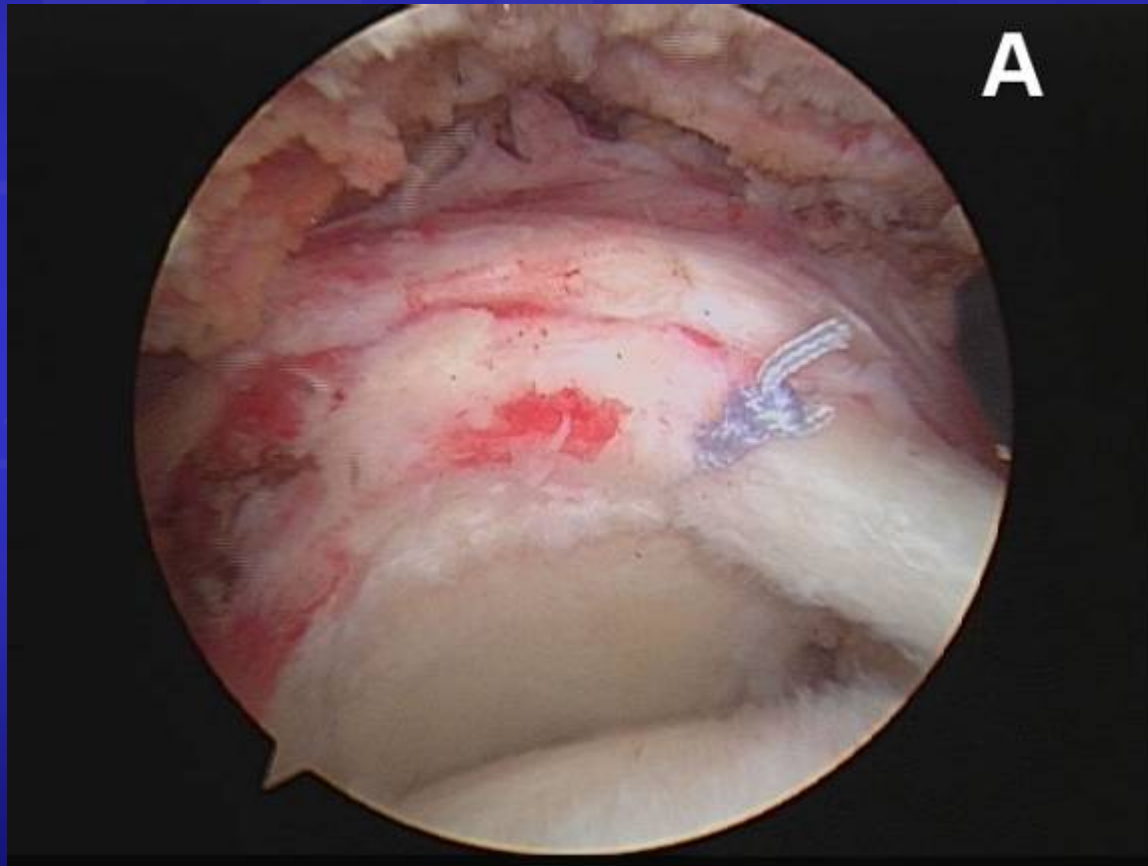


Anchors

- Metal – interferes with MRI
may make revision difficult
- Plastic – non absorbable, bio-absorbable,
bio-composite (CaPo4)



Non Repairable Rotator Cuff Tears

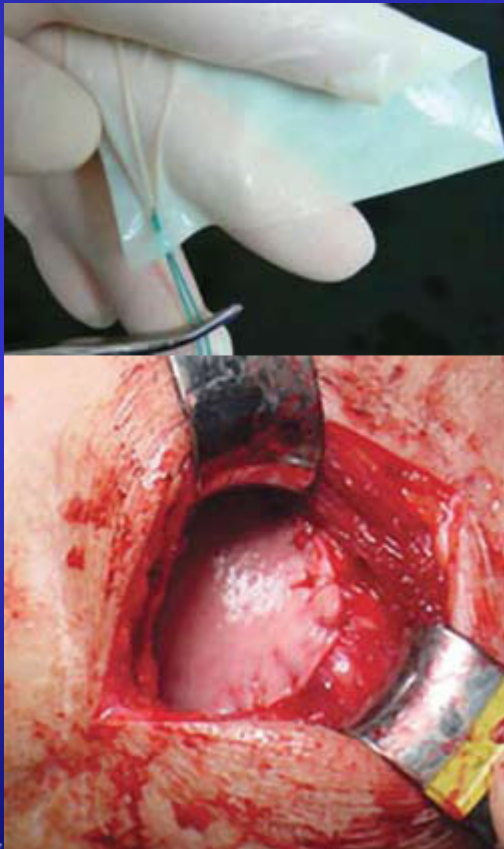


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Patches



- Xeno graft
- Synthetic
- Autograft
- Doesn't restore length –tension relationship
- Doesn't restore atrophic muscle
- Reinforcing repair rather than bridging gap



Biceps Tenotomy

May result in pain relief, no increase in ROM
(popular in France)



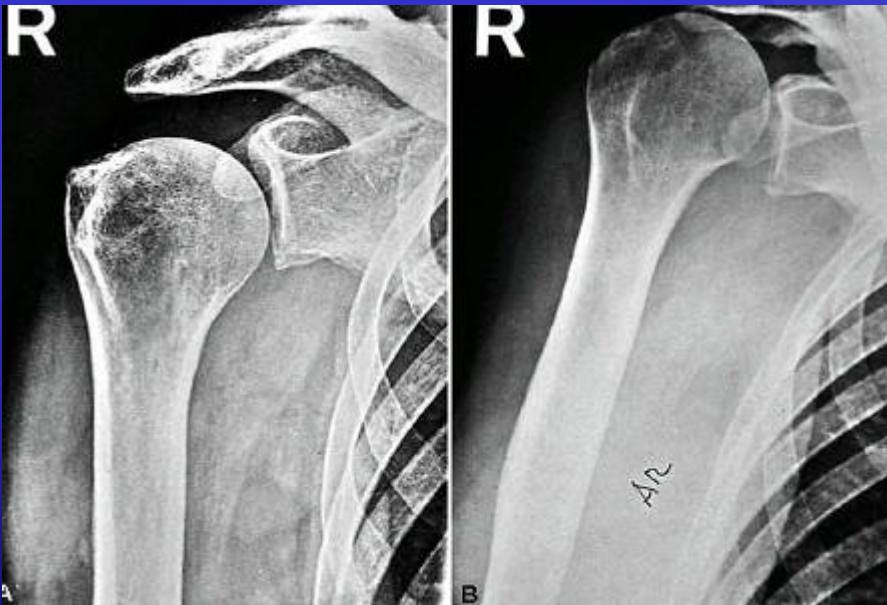
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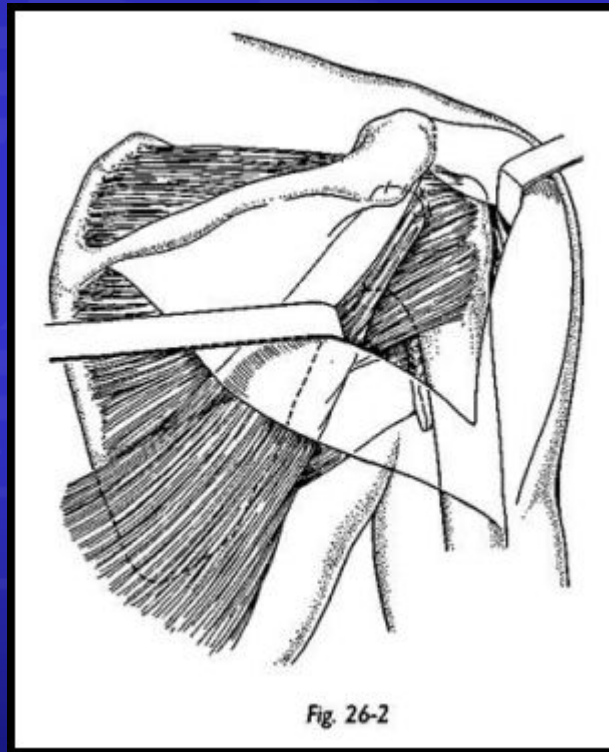
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Subacromial Decompression

- Anterior superior escape – pseudo paralysis
- ? Femoralization of humeral head



Latissimus Dorsi Transfer



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Reverse Total Shoulder Replacement



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Rehabilitation Post Cuff Repair

- 6/12 for cuff to heal
- Early passive ROM and pendular exercises in the first 6/52 have no affect on ROM and increase the failure rate (up to 2x)
- No free weights for 6/12



Rehabilitation Post Cuff repair

- 6/52 sling (24/7)
- 6/52 – 12/52 active assisted ex
- 12/52 – 24/52 theraband
 - yellow/light 4/52
 - red/ medium 4/52
 - green/ heavy 4/52

24/52 graduated return to normal activities



Thank you



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