



ARTHROSCOPIC REPAIR OF ROTATOR CUFF TEARS

- PERPOSE OF THE STUDY :
- POSTOPERATIVE EVALUATION OF → Improvement of the Use of upper limb
→ Improvement of Pain
☑ Improvement of Range of Motion
☑ Improvement of Muscle Strength
- in addition ☑ Comparison of the different repair techniques

N.P.

MATERIAL AND METHODS

- 43 Patients ☑ 17males, 26 females
(from Aug/05 to Jun/09) ☑ Ages: 38-78,
Mean age : 59
☑ 25 Right , 18 Left shoulders
- Follow up ☑ 3 Months – 3 Years
☑ Mean time : 23 Months

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Evaluation with

- Simple Shoulder Test (12 Questions for the daily use of the upper limb)
- Modified UCLA Scale (45 instead of 35 points)
(additional 5 points for abduction and 5 points for muscle strength in abduction)
Excellent: 43-45 points
Good: 39-42 points and
Poor : <38 points
- Constant Score

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PROCEDURE

- Evaluation → Preoperatively
→ By the end of the 3rd Month
→ By the end of the 6th Month
→ By the end of the 1st Year
→ And thereafter annually

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POSTOPERATIVE REHABILITATION

- Ultra Sling for 6 weeks (Only passive Motion in supine position)
- Supporting Movements from 6th to 12th week
- Resisted exercises after the 3rd month

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INTRAOPERATIVE EVALUATION


- **According to Size** (Post's Classification)
 - **Medium:** 20 (1-2.9 cm)
 - **Large:** 10 (3-4.9 cm)
 - **Massive:** 2 (>5 cm)
 - **Partial Thickness:** 11 (all in medium size)
 - **Mean size:** 2.3cm/patient



INTRAOPERATIVE EVALUATION



According to tear shape:

- **Crescent:** 26
- **U-Shaped:** 5
- **L-Shaped:** 1
- **Reverse L-Shaped:** 3
- **Partial Tears:** 11
- **Re-tear after open repair :** 1
- **Accompanying Subscap tears :** 4






INTRAOPERATIVE PROCEDURE

- **Simple Repair :** 33
- **Double Row-Suture-bridge :** 8



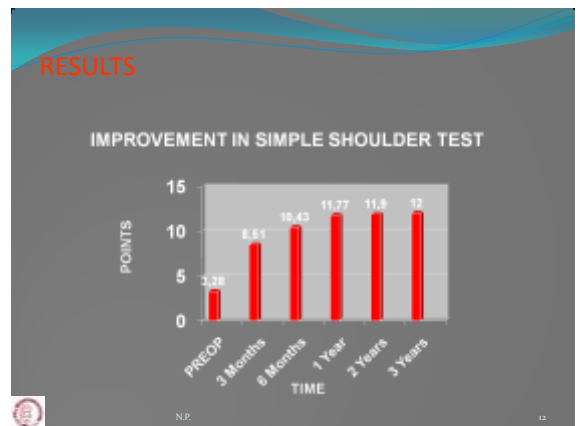
INTRAOPERATIVE PROCEDURE

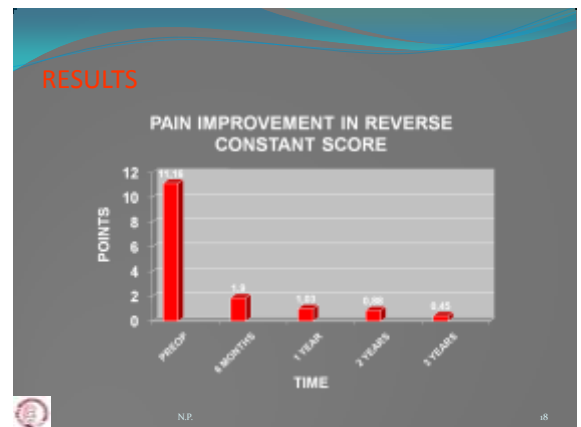
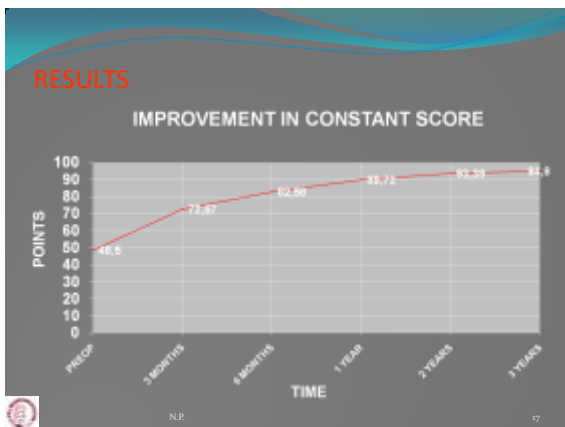
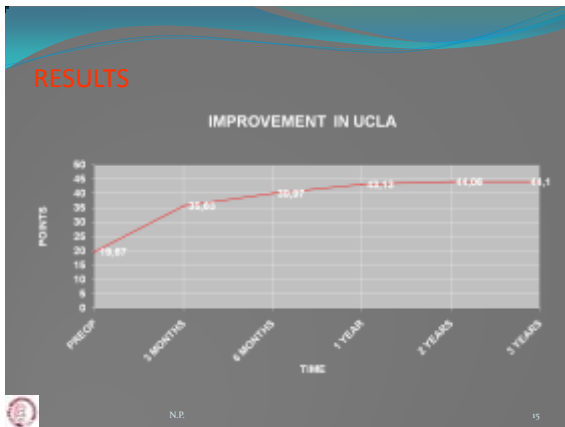
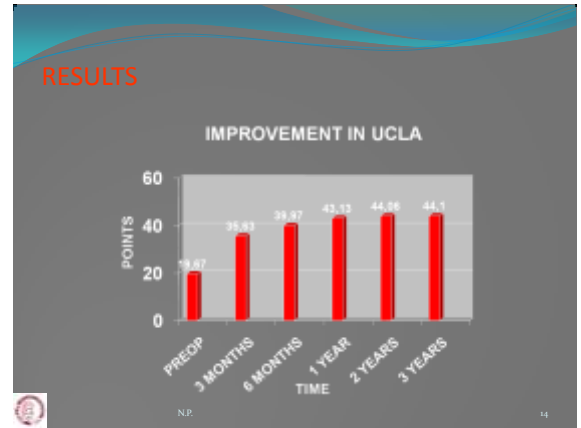
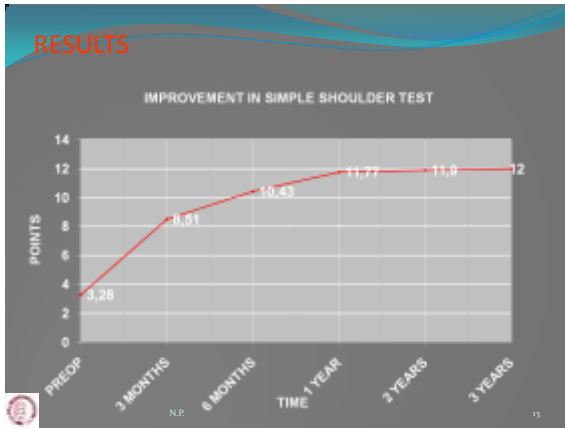
- **Margin Convergence :** 2
- **All partial tears converted to full thickness tear and repaired :** 11

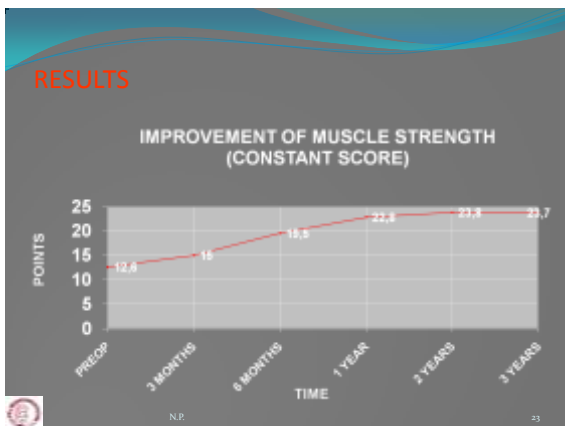
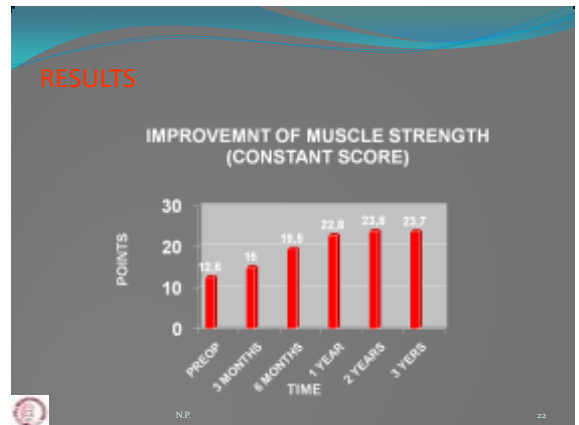
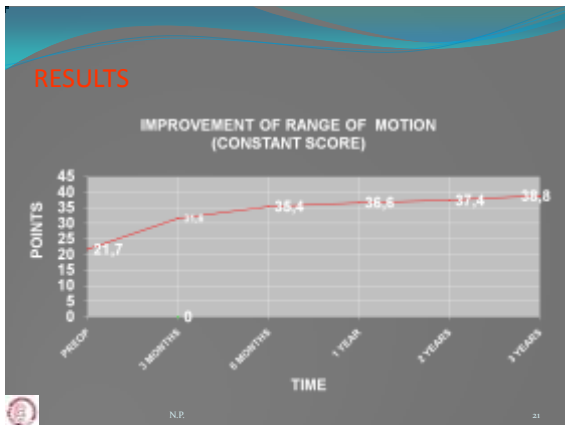
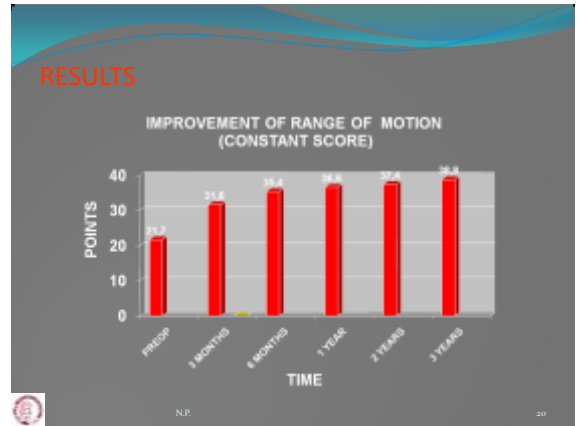
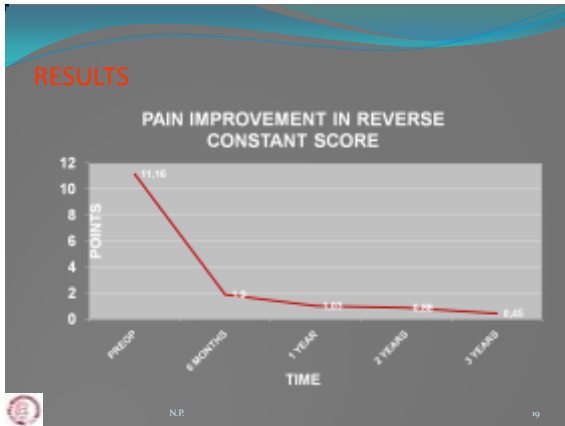



INTRAOPERATIVE PROCEDURE

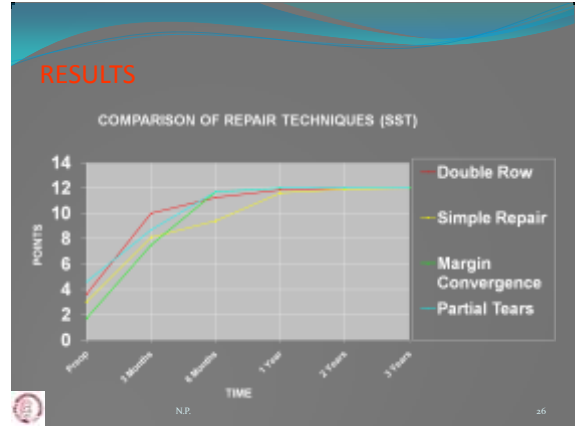
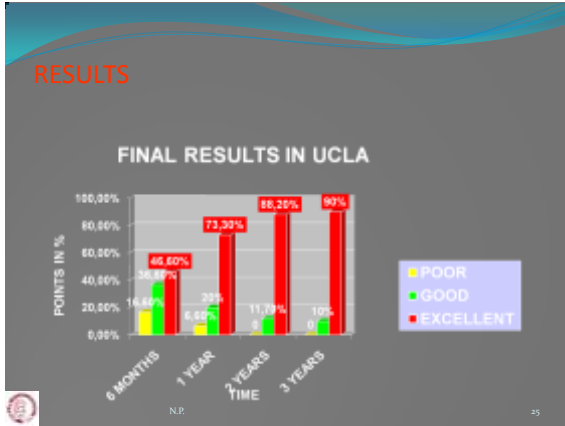
- **Additional :**
 - **Accompanying SCP-tears :** 4
 - **SLAP IV Lesion :** 1
 - **Tenodesis of Biceps tendon :** 5
- **In total :** 72 Anchors(Arthrex)
16 Push Locks
- **Mean value :** 1,7 anchors/ patient.
1,4 anchors/ 1 cm tear





- ### MODIFIED UCLA SCORE
- **EXCELLENT RESULTS** : 43-45 Points
 - **GOOD RESULTS** : 39-42 Points
 - **POOR RESULTS** : less than 38 Points
- N.P. 24



- ### COMPLICATIONS
- 1 Frozen Shoulder (Satisfied after 1 year)
 - 1 Re-tear by a patient with Rheumatoid Arthritis re-operated after a year due to persistent pain
- N.P. 27

CONCLUSION

- EXCELLENT RESULTS
- Concerning
 - PAIN
 - MOTION
 - MUSCLE STRENGTH
- Improvement continues by the time

SMALL PERCENTAGE OF COMPLICATIONS (4,6%)

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