

“So you can’t fix my rotator cuff tendon tear”

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AND ORTHOPEDICS

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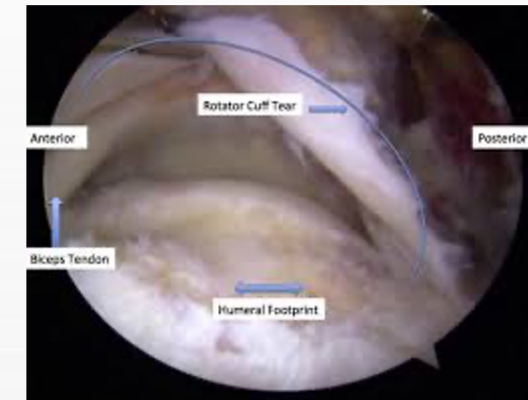
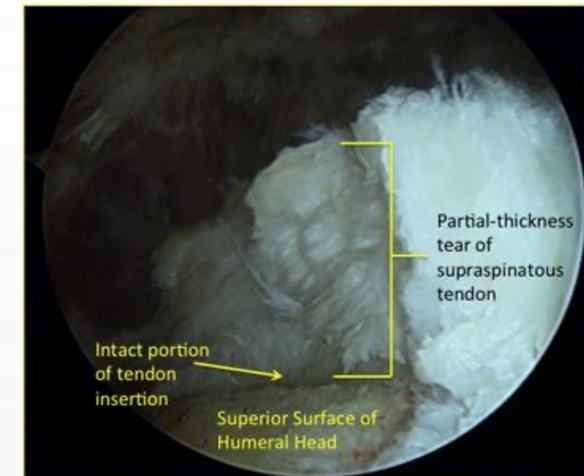
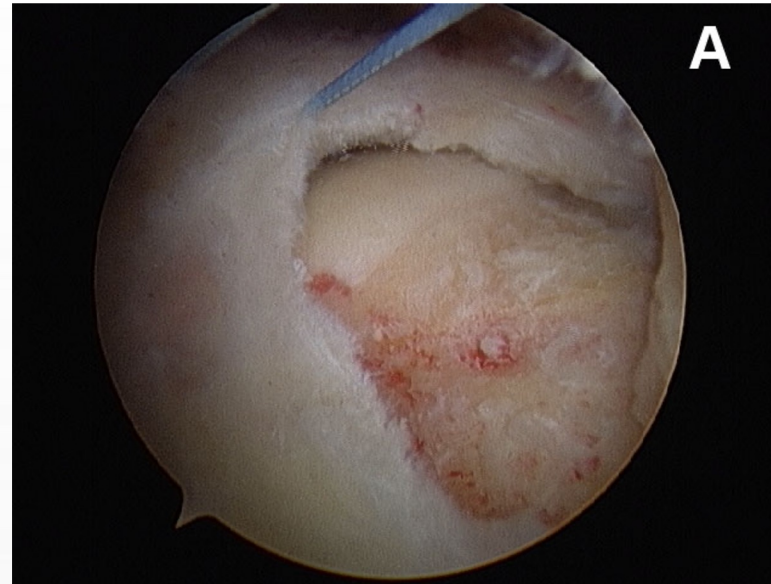
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Types of RC tendon tears

- Acute
- Acute on chronic
- Chronic

Description of RC tendon tears

- Partial (50%)
- Complete
- Degenerative
- **Massive**
- **Retracted**
- **Irreparable**
- **Atrophy of the muscles**



Why do RC tendons tear?

- Traumatic
- Degenerative

Natural history of RC tendon

- Degenerative tears occur as we age
- Most tears occur in those over 60
- 25% of patients over 60 and 50% of those over 80 will have a RC tendon tear
- **Strong** genetic influence
- Overhead activities and repetitive actions
(**Workers Comp**)

Massive/Irreparable RC tendon tears

- How did I get a tendon tear?
- How do Physicians know the tear is massive/irreparable
- What are my **options**?

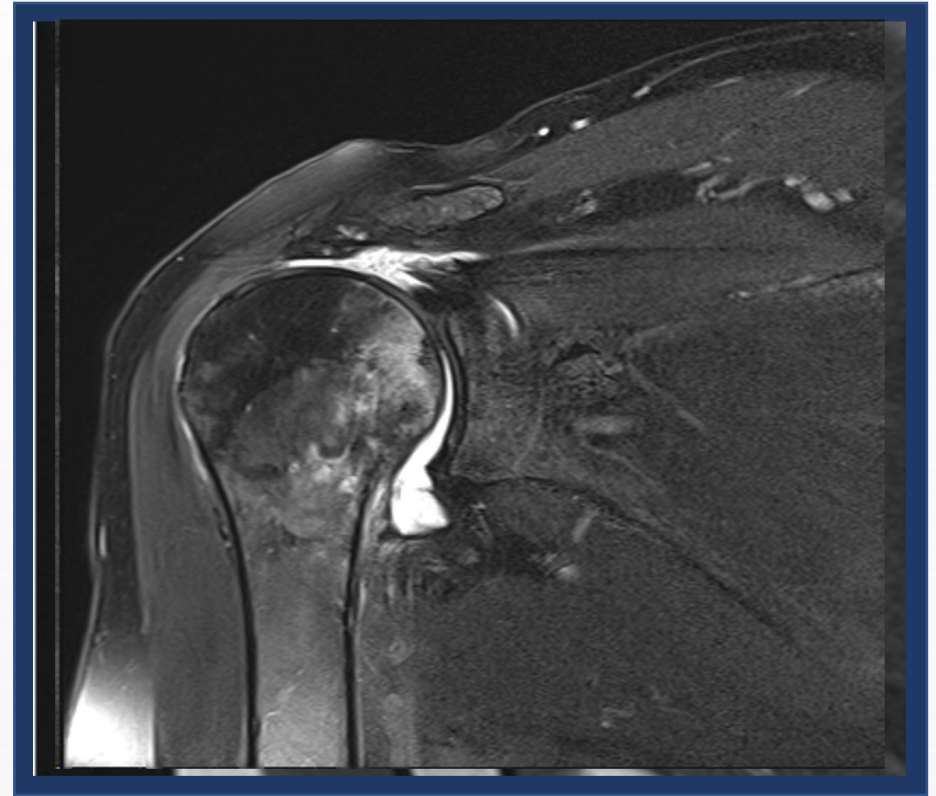
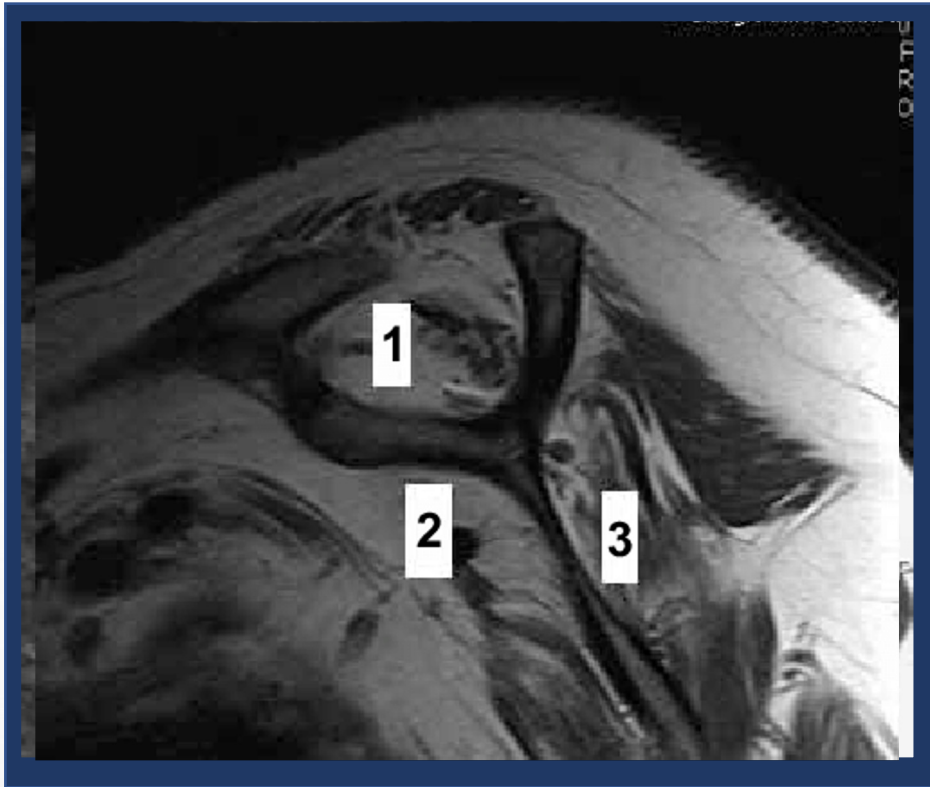
Inspection



Radiographs



Imaging

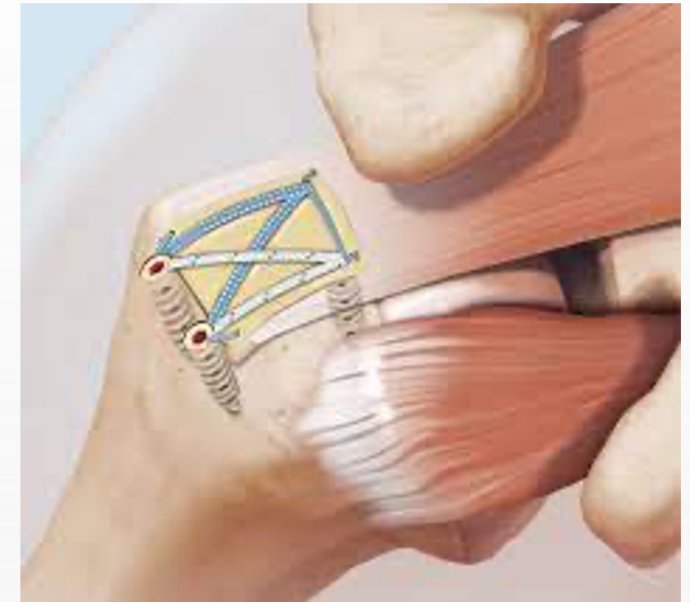
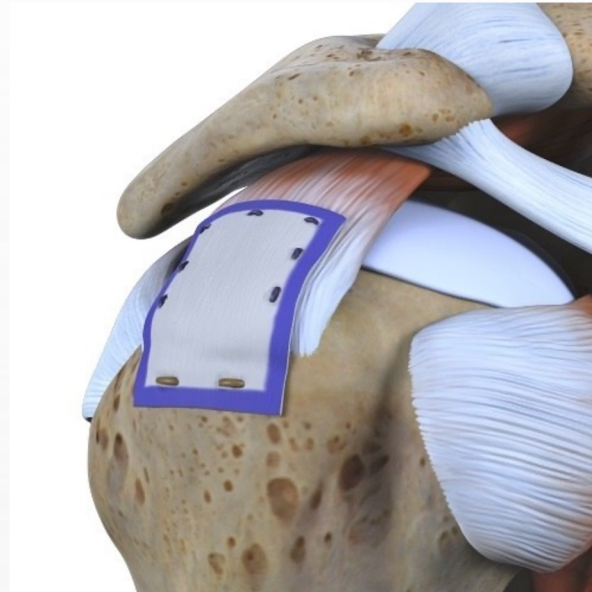


Treatment options of massive/irreparable RC tendon tear

- Physical therapy
- Works well for acute on chronic tears
- Injections
- Partial repair of RC tendon

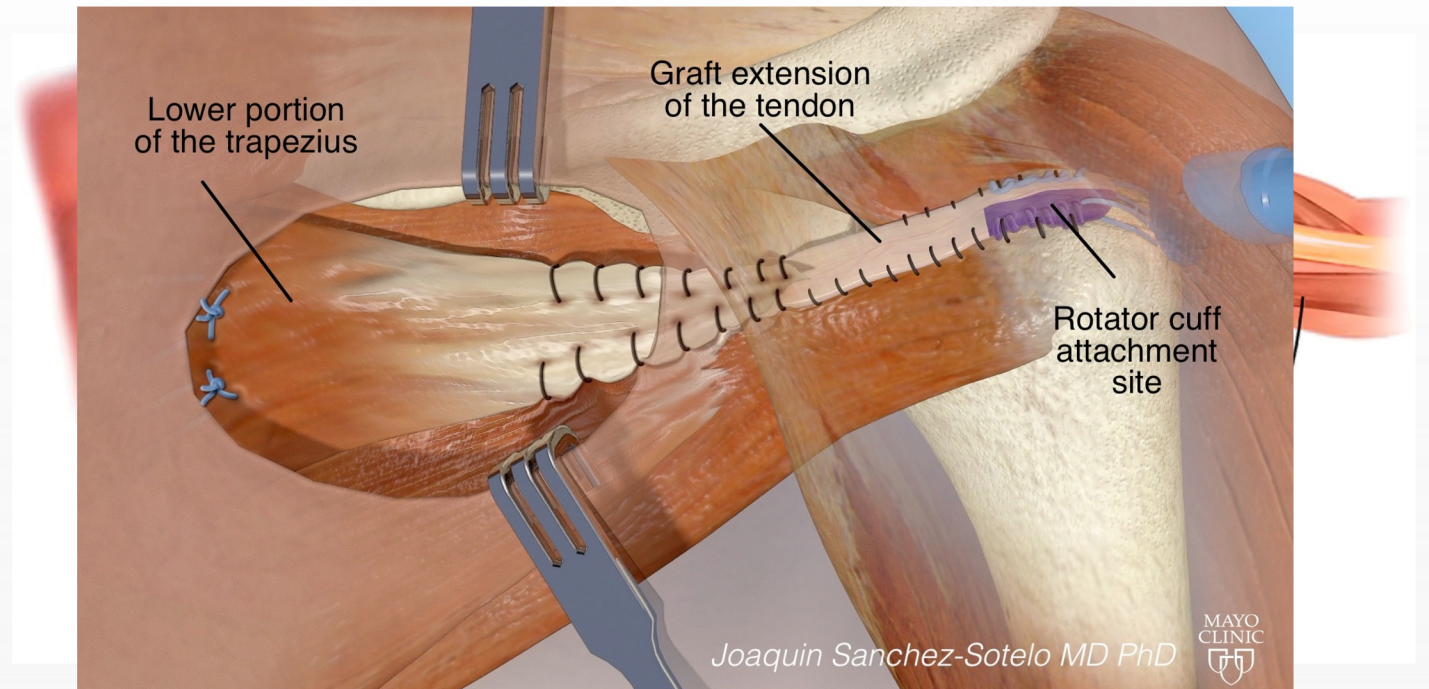
Treatment options of massive/irreparable RC tendon tear

- Grafting of RC tendon
 - Regeneten - bovine
 - Arthoflex graft - cadaver skin



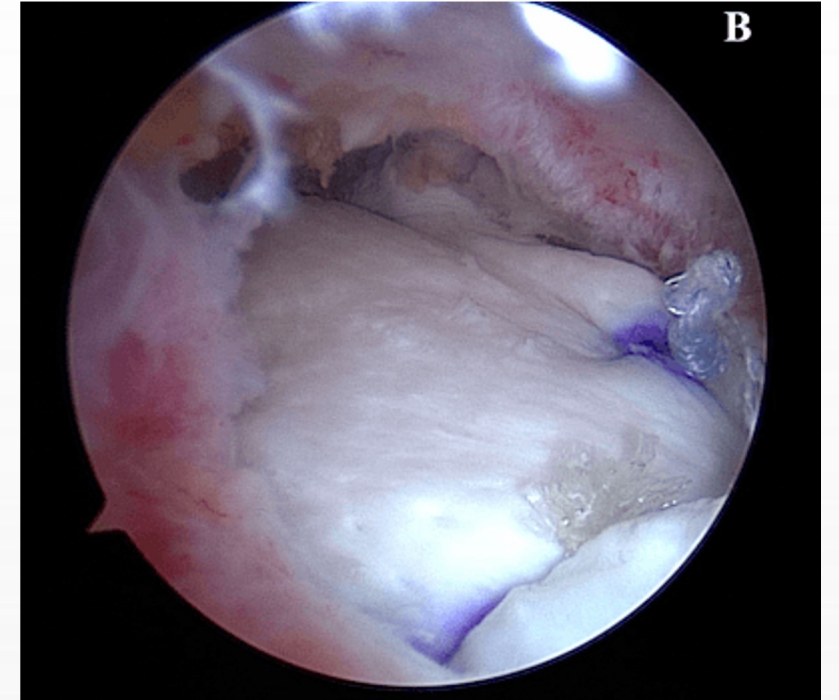
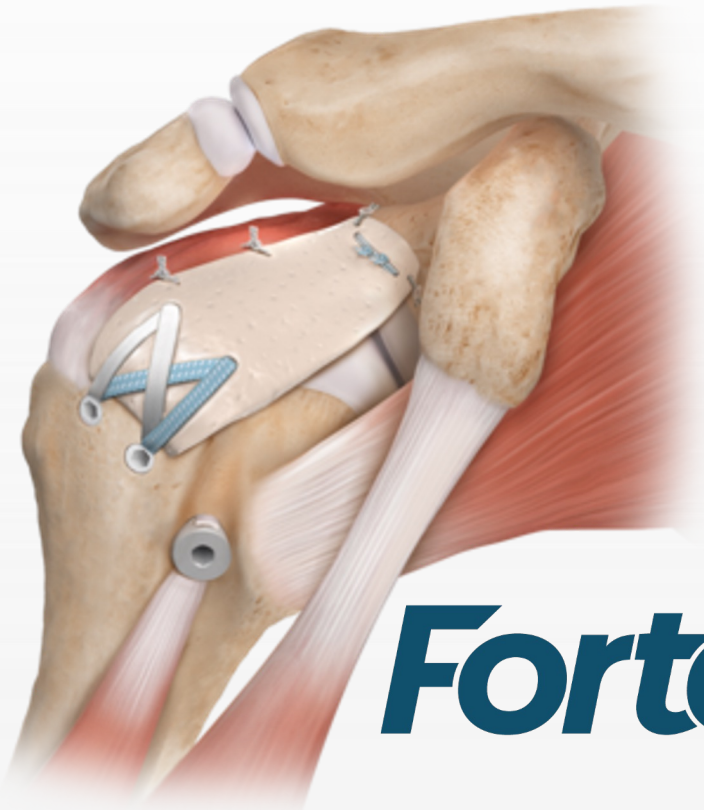
Treatment options of massive/irreparable RC tendon tear

- Tendon transfers
 - Latissimus dorsi
 - Trapezius



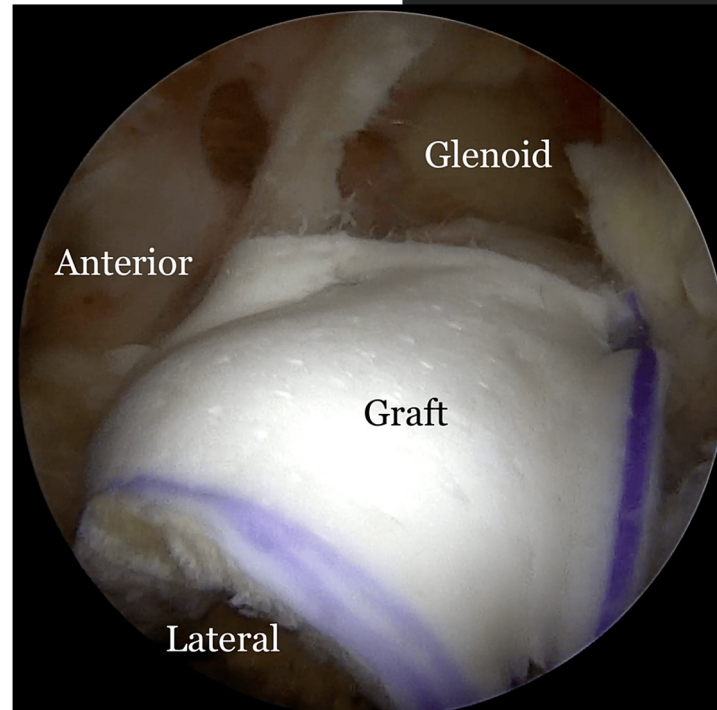
Treatment options of massive/irreparable RC tendon tear

- Superior capsular reconstruction (SCR)



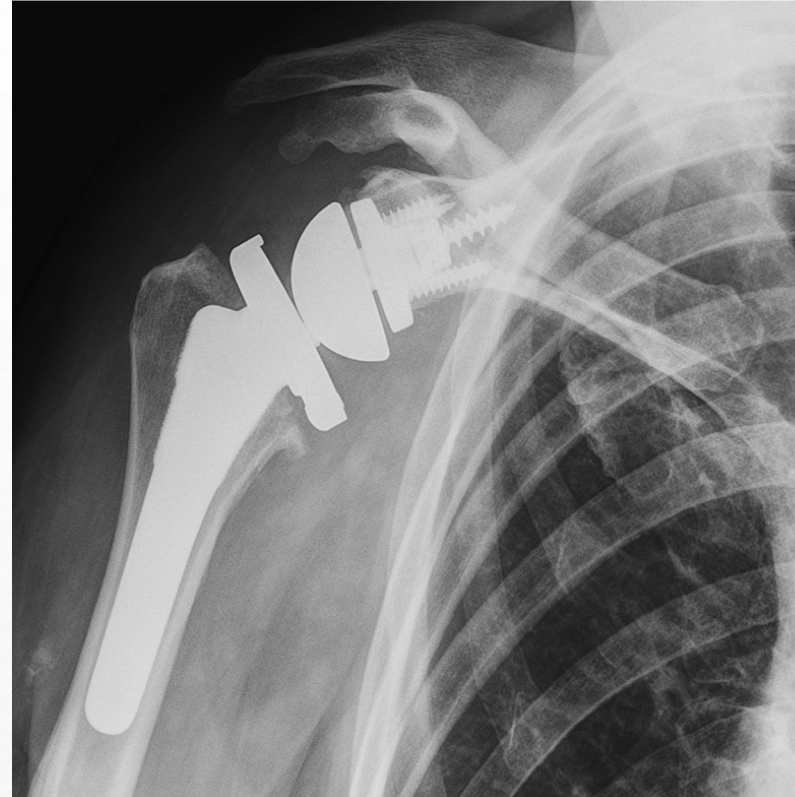
Treatment options of massive/irreparable RC tendon tear

Tuberoplasty



Treatment options of massive/irreparable RC tendon tear

- Reverse total shoulder arthroplasty



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