



Clavicle

Scapula

Supraspinatus tendon  
(rotator cuff)

Subscapularis tendon  
(rotator cuff)

Subscapularis muscle

# Rotator Cuff

**Patrick J. McMahon**



## **Rotator Cuff:**

**Rotator Cuff Tear** Stefano Gumina, 2016-11-14 This handbook provides detailed state of the art information on simple and complex rotator cuff tears that will be of value in daily clinical practice It covers all relevant aspects including basic science pathogenesis clinical and instrumental evaluation and treatment techniques Drawing on the results of recent studies the book will enable the reader to better understand how tears occur and what treatment should be employed in different circumstances Rotator cuff tear has always attracted great interest because it may cause shoulder pain loss of strength simple or complex disabilities and partial or total inability to work reducing quality of life The goals of cuff repair are to restore footprint anatomy with biomechanically secure tension free construction that promotes biological healing at the tendon to bone interface Even today there is cause for discussion about when and how to perform surgical repair and on what to do in cases of irreparable rupture This book casts light on such issues It is especially designed for shoulder surgeons and rehabilitation specialists and will also be of value for residents and shoulder fellows [Treat Your Own Rotator Cuff](#) Jim Johnson, 2006 Treat your own rotator cuff Who needs to worry about that According to the medical research a lot of people The rotator cuff a group of four flat tendons that connect to the critical muscles that stabilize your shoulder can cause a lot more problems than you might think Consider a few of these statistics from the published literature It s simply just a matter of time until the majority of shoulders get a rotator cuff tear According to Magnetic Resonance Imaging MRI scans approximately 4% of people under forty years of age have a torn rotator cuff After age sixty however 54% of people have one Sher 1995 Once the rotator cuff gets torn it doesn t look good either One study followed a group of patients with tears in their rotator cuffs and found that 80% of the them went on to either enlarge or turn into full thickness tears in less than a two year period Yamanaka 1994 As you can tell rotator cuff problems aren t just for elite athletes Seriously consider investing just a few minutes a week doing the simple exercises in this book if you have been diagnosed with either a partial or full thickness rotator cuff tear yes many studies show that even full thickness tears can be helped with exercise experience shoulder pain do upper body weight lifting have a job or play a sport where you do a lot of work with your arms above shoulder level have been diagnosed with impingement syndrome want a healthy and properly functioning rotator cuff So whether you already suffer from a rotator cuff problem or simply want to prevent one Treat Your Own Rotator Cuff will guide you step by step through an evidence based program that can iron plate your shoulders in just minutes a week Jim Johnson P T is a physical therapist who has spent over fifteen years treating both inpatients and outpatients with a wide range of pain and mobility problems He has written many books based completely on published research and controlled trials including The Multifidus Back Pain Solution Treat Your Own Knees The No Beach No Zone No Nonsense Weight Loss Plan A Pocket Guide to What Works and The Sixty Second Motivator His books have been translated into other languages and thousands of copies have been sold worldwide Besides working full time as a clinician in a large teaching hospital and writing books Jim

Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States

**Massive Rotator Cuff Tears** Lawrence V. Gulotta, Edward V. Craig, 2014-09-18  
Presenting a logical comprehensive approach to the patient with a massive rotator cuff tear this book begins with the pathoanatomy and diagnostic work up for this common injury including imaging Both non operative and operative treatment options for massive tears follow including arthroscopy the use of biologics and patches tendon transfers and hemiarthroplasty and reverse total shoulder arthroplasty A practical treatment algorithm for clinicians treating patients with massive rotator cuff tears is also included Each chapter opens with pearls and pitfalls covering the main key points for quick reference The overarching theme of this book is that patients with similar imaging findings may demonstrate very different clinical presentations and the final treatment recommendation should be made based on their complaints and expectations As such it will be an excellent resource for orthopedic surgeons sports medicine and shoulder physicians physiatrists physical medicine and rehab specialists and occupational therapists

**Rotator Cuff Injuries** Patrick J. McMahon, 2017-09-30  
Comprised exclusively of clinical cases presenting injuries to and management of the rotator cuff this concise practical casebook will provide orthopedic surgeons with the best real world strategies to properly manage the various kinds of cuff injury they may encounter Each chapter is a case that opens with a unique clinical presentation followed by a description of the diagnosis assessment and management techniques used to treat it as well as the case outcome literature review and clinical pearls and pitfalls Cases included illustrate different management strategies for rotator cuff surgery including arthroscopic repair for tendonitis and tears open and mini open repair for severe tears latissimus dorsi and pectoralis tendon transfer arthroscopic debridement hemiarthroplasty and total reverse arthroplasty biological augmentation and revision repair after retear and infection Pragmatic and reader friendly

**Rotator Cuff Injuries A Clinical Casebook** is an excellent resource for orthopedic surgeons and sports medicine specialists confronted with both common and complex injuries to the rotator cuff

**Postsurgical Orthopedic Sports Rehabilitation** Robert C. Manske, 2006-01-01  
Written by well known experts in a reader friendly style this is the only book to focus specifically on post surgical guidelines for successful rehabilitation of the knee and shoulder for sports patients Content covers basic concepts related to soft tissue healing as well as core concepts in sports medicine rehabilitation all of which lay the groundwork for discussions of specific protocols Detailed descriptions of the latest post surgical procedures for various knee and shoulder pathologies equip readers with essential knowledge needed to recommend the most effective treatment plans Includes a separate section on multiple ligament knee injuries Numerous photos and radiographs of topics discussed in the text serve as excellent visual references in the clinical setting Detailed descriptions of the most current surgical protocols for various knee and shoulder pathologies help readers recommend the best treatment based on proven rehabilitation plans The inflammatory response is described with regard to its role in soft tissue healing following surgical procedures of the knee and shoulder Protocols based on the

most recent research available promotes evidence based practice A chapter on rotator cuff injuries includes authoritative up to date information on this topic A chapter on cartilage replacement focuses on the nuts and bolts of rehabilitation for this common injury offering current hands on information about one of the fastest changing treatment protocols Contributors are expert therapists and physicians respected leaders in their field Each chapter highlights post op guidelines and protocols in a consistent format that s immediately accessible and easy to reference Comprehensive information on soft tissue healing is presented A separate section on multiple ligament knee injuries presents hard to find information that s rarely covered in other resources or literature

**Adult Reconstruction** Daniel J. Berry, Scott Steinmann, 2007 Written by leading experts from the Mayo Clinic this volume of our Orthopaedic Surgery Essentials Series presents all the information residents need on hip knee shoulder and elbow reconstruction in adults It can easily be read cover to cover during a rotation or used for quick reference before a patient workup or operation The user friendly visually stimulating format features ample illustrations algorithms bulleted lists charts and tables Coverage of each region includes physical evaluation and imaging evaluation and treatment of disorders and operative treatment methods The extensive coverage of operative treatment includes primary and revision arthroplasty and alternatives to arthroplasty

**The Failed Rotator Cuff** Felix H. Savoie III, Emilio Calvo, Augustus D. Mazzocca, 2021-10-25 Rotator cuff surgery is currently the most common surgical procedure involving the shoulder Unfortunately despite major technical advances there is still a significant rate of failure of primary rotator cuff repair ranging from 10% to 40% This book describes the diagnosis classification assessment and management of failed rotator cuff repairs It also explores the etiology of the failed repairs presents a series of treatment options and discusses the complications In a multidisciplinary format it addresses both how to prevent failure and how to diagnose and manage the failed rotator cuff including imaging laboratory testing nutrition surgery and rehabilitation This comprehensive book published in collaboration with ISAKOS appeals to all stakeholders in orthopedic medicine and surgery

Rotator Cuff Deficiency of the Shoulder Mark Frankle, 2011-01-01 The latest treatment strategies for managing rotator cuff deficiency Rotator Cuff Deficiency of the Shoulder is the essential guide to recognizing rotator cuff defects and selecting the operative and nonoperative treatments that will achieve the best functional outcomes for patients Leading experts in the field present the current knowledge of biomechanics etiology prevalence natural history and the classification of rotator cuff tears indications contraindications and treatment options for them Highlights Clinical insights from an international team of authorities on rotator cuff deficiency Complete coverage of disease manifestations within the spectrum of the rotator cuff deficiency Descriptions of the examination imaging and surgical techniques with valuable explanations of the scientific rationale behind the various approaches and therapeutic guidelines Discussions of the newest innovations including tissue scaffolding arthroscopic approaches conventional shoulder arthroplasty and reverse shoulder arthroplasty Recommendations for managing special situations and circumstances such as revision surgery and patients with bone loss and guidance for handling complications

when they occur More than 300 radiographs and illustrations that demonstrate key concepts This book is a single volume reference containing the fundamental principles and techniques for all specialists involved in shoulder therapy and reconstruction including orthopaedists sports medicine and trauma specialists and residents in those specialties *Rotator Cuff Surgery, An Issue of Clinics in Sports Medicine* Stephen Brockmeier,2012-10-28 In this issue of Clinics in Sports Medicine Dr Stephen Brockmeier from the University of Virginia has assembled a group of experts to provide the latest updates on Rotator Cuff Surgery This issue begins with the epidemiology and natural history of rotator cuff tears followed by articles on Imaging Evaluation of the Rotator Cuff Arthroscopic Rotator Cuff Repair Techniques in 2012 Biologics in the Management of Rotator Cuff Surgery Outcomes of Rotator Cuff Surgery What Does the Evidence Tell Us Rotator Cuff Injury in the Overhead Athlete Failed Rotator Cuff Surgery Evaluation and Decision Making Revision Rotator Cuff Repair Non Arthroplasty Options for the Management of Massive and Irreparable Rotator Cuff Tears and Reverse Total Shoulder Arthroplasty for Irreparable Rotator Cuff Tears and Cuff Tear Arthroplasty **Operative Arthroscopy** John B. McGinty,Stephen S. Burkhart,2003 Extensively revised and updated for its Third Edition Operative Arthroscopy remains the most comprehensive and authoritative reference in this rapidly advancing specialty World renowned experts describe the latest instrumentation and techniques and detail proven minimally invasive procedures for the knee shoulder elbow wrist hip foot ankle and spine New topics in this edition include meniscus repair with implantable devices arthroscopic knot tying and arthroscopy in athletes Hundreds of full color arthroscopic views surgical exposures and line drawings guide surgeons in technique and clinical decision making This edition includes a free DVD of surgical procedures with over 200 minutes of video to demonstrate key points and techniques Rotator Cuff Tear Nicola Maffulli,2012 A valuable collection of up to date information by leading international experts The history of rotator cuff tendinopathy started more than 150 years ago when some types of shoulder pain were attributed to rupture of the rotator cuff tendon In the third millennium the pathogenetic mechanisms leading to rotator cuff problems are still debated Although conservative measures are the first line therapy poor spontaneous tendon healing and progression from partial thickness to full thickness tears may mandate surgery Biological biomechanical and clinical studies have been conducted to establish the superiority of one technique over the other but no clinical differences have been found Although we know more about the pathogenesis diagnosis and management of rotator cuff pathology our efforts should be directed at trying to find the treatment that best fits the specific needs of each patient This book collects current reviews on rotator cuff problems with regard to both biological and clinical aspects and provides practical hints on management and rehabilitation for sports physicians surgeons physiotherapists and athletic trainers Shoulder Richard L. Angelo,James Esch,Richard K. N. Ryu,2010-01-01 This title in the AANA Advanced Arthroscopy series covers advanced and emerging state of the art arthroscopic techniques rotator cuff repairs arthroscopic subscapularis repair biologic augmentation devices and more Premiere arthroscopic shoulder surgeons discuss disease specific options

managing and avoiding complications and rehabilitation protocols in print and online *MRI of the Shoulder* Michael B. Zlatkin, 2003 Now in its Second Edition this resident friendly reference explains the basics of MRI then walks readers easily through the radiologic evaluation of shoulder disorders particularly rotator cuff disease and shoulder instability Written in an inviting easy to follow style and illustrated with more than 600 scans this long awaited new edition will be a favorite practical reference for residents practicing radiologists and orthopaedic surgeons The book features contributions from expert radiologists and orthopaedic surgeons Chapters review MRI techniques and shoulder anatomy describe and illustrate MRI findings for a wide variety of conditions and explain how abnormalities seen on MR images relate to pathophysiology and clinical signs **The Shoulder** Charles A. Rockwood, 2009-01-01 DVD *Rotator Cuff Across the Life Span* Andreas B. Imhoff, Felix H. Savoie III, 2019-04-27 This book presents the consensus findings of the ISAKOS Shoulder Committee regarding the treatment options in patients suffering from shoulder pain and reduced function or dead arm syndrome as a consequence of rotator cuff injuries The aim is twofold to equip readers with a precise knowledge of the presenting characteristics of these injuries in different age groups and to describe in detail the initial management and surgical and non surgical approaches taking into account the age specific features Readers will find clear descriptions of all the latest arthroscopic techniques which allow repair of even the largest tears The indications for and performance of tendon transfer procedures biceps tenotomy tenodesis hemiarthroplasty anatomic shoulder arthroplasty reverse total shoulder arthroplasty and revision surgery are explained Helpful guidance is also provided on the use of strategies to promote rotator cuff healing including stem cell therapy and scaffolds The authors are leading experts in the field and the book will be of value for all shoulder surgeons and orthopaedic trainees and consultants as well as sports medicine specialists *Rotator Cuff Disorders* Wayne Z. Burkhead, 1996 A text on the rotator cuff with nine chapters written by Burkhead himself and the remaining 24 chapters contributed by nationally and internationally recognized physicians and shoulder surgeons The volume contains seven sections history of cuff repair 1 chapter basic science and the rotator cuff 3 chapters evaluation and classification of cuff lesions 3 chapters clinical disorders 10 chapters conservative treatment of cuff defects and impingement syndrome 2 chapters arthroscopic management of rotator cuff disease 1 chapter and surgical management of massive cuff tears and degeneration 13 chapters Thoroughly illustrated in bandw with extensive chapter references Annotation copyright by Book News Inc Portland OR *Rotator Cuff Disorders* Nicola Maffulli, John P Furia, 2012-04-11 Highlights latest best practice in the management of rotator cuff and associated pathologies and includes comprehensive basic science and clinical chapters authored by some of the world s most experienced and expert shoulder surgeons [Key Techniques in Orthopaedic Surgery](#) Steven H. Stern, 2001 Annotation Designed as a quick guide to the basic surgical aspects of common procedures this volume contains 51 chapters each by a specialist in the technique presented In addition to operative technique the chapters list indications contraindications preoperative preparation special instruments position anesthesia tips postoperative care issues

what to avoid and references Clear b w drawings accompany each chapter Stern teaches clinical orthopedics at Northwestern U in Chicago Annotation c Book News Inc Portland OR booknews com *Skeletal Trauma* Bruce D. Browner,2009 Major updates in this new edition provide information on current trends such as the management of osteoporotic and fragility fractures locked plating technology post traumatic reconstruction biology of fracture repair biomechanics of fractures and fixation disaster management occupational hazards of radiation and blood borne infection effective use of orthotics and more A DVD of operative video clips shows how to perform 25 key procedures step by step A new full color page layout makes it easier to locate the answers you need quickly More than six hours of operative videos on DVD demonstrate 25 of the very latest and most challenging techniques in real time including minimally invasive vertebral disc resection vertebroplasty and lumbar decompression and stabilization An all new more user friendly full color text design enables you to find answers more quickly and more efficiently review the key steps of each operative technique **Massive and Irreparable Rotator Cuff Tears** Nuno Sampaio Gomes,Ladislav Kovačič, Frank Martetschläger, Giuseppe Milano,2020-04-22 This book offers a truly comprehensive overview of the understanding and treatment of massive and irreparable rotator cuff tears a painful and disabling shoulder condition that continues to pose major challenges A thorough examination of basic science issues and evidence lays the foundation for discussion of key controversies in the field and exposition of a practical approach to treatment in which the role of both conservative and surgical management is explained Special insights are provided into the new biological and nonoperative approaches that are becoming increasingly popular among practitioners All potential surgical techniques are described from partial repair and tendon transfer to the use of dedicated implants In addition the value of anesthesia and regional blocks both during surgery and in the postoperative phase is discussed The concluding section addresses particularly complex scenarios and offers guidance on the management of treatment complications and failures Written by leading international shoulder experts the book will be of value for shoulder surgeons rehabilitators and other health care practitioners

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