Decision Making & Treatment of Partial Rotator Cuff Tears

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Disclosure

ConMed Linvatec
Arthrocare Medical
Wright Medical
Ingen Medical
KFx Medical
Cayenne Medical
Core Essence Medical
DePuy Mitek
Springer Publication
Slack Publication
What is best treatment in an athlete?
Discuss

Classification
Role of arthroscopy
Physical therapy & Training room
Results
Athlete’s Tears
Types of Tears

- Articular
- Intertendinous
- Bursal
History and Examination

Age related
Trauma vs overuse
Shoulder instability
Tear Location
Depth of Tear vs Intact Tendon

Footprint

Ellman Grade III Tear
Location & Depth of tears

Ellman’s classification

I. <3 mm
II. 3-6 mm
III. >6 mm

Articular, bursal
Articular Sided Tear: PASTA
Tear Debridement
PASTA Repair
Should I Complete the Tear?

Near full thickness defect
Tuberosity Preparation
PASTA Repair: 56 patients

- 16 (29%) Work Comp
- 8 Athletes
- 5 Revision
- 4 > 60 years

Pain relief (good/excellent) 89%
Return to Sport / Work 94%
UCLA Score 9 → 32
Second Look PASTA Repair

1 year later
Therapy to Cuff Injuries
Bursal Partial Thickness Tears

W. Nottage
Bursal Tear Repair

Bursal Side Tear

J Abrams
Subacromial Decompression
Intertendinous Tear
Conclude: Trans-tendon Repairs

Young patients
Traumatic onset
Head stability
Cuff thickness
Low tension repair