

Rotator

C. Benjamin Ma, Brian T. Feeley

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.

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.

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 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.

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.

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 Deficiency of the Shoulder Mark A. Frankle, 2011-01-01 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.

Arthroscopic Transosseous Rotator Cuff Repair Claudio Chillemi, Alessandro Castagna, Marcello Osimani, 2018-06-29 The book offers a comprehensive and up-to-date guide to the cutting edge arthroscopic transosseous techniques for the treatment of rotator cuff tears, which are gradually taking over from the common open surgical approach, defined as the gold standard for RCR. With the help of numerous figures, it presents step by step a novel all-arthroscopic anchorless transosseous suture technique that is less invasive and easier to perform. After discussing the etiopathogenesis, histopathology and radiological classification of rotator cuff tears, the book reviews all possible arthroscopic procedures and explores in detail suture management, describing single and double tunnel options. It also examines the complications and post-operative rehabilitation and imaging, while the closing chapter addresses the economic aspects of daily use. Intended primarily for arthroscopic surgeons interested in the field of shoulder joint repair, this exhaustive guide is also a valuable resource for residents and shoulder 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

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.

Rotator Cuff Surgery, An Issue of Clinics in Sports Medicine - E-Book Stephen Brockmeier, 2012-10-30 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.

Arthroscopic Rotator Cuff Surgery Jeffrey S. Abrams, Robert H. Bell, 2008-08-17 This text takes a comprehensive approach to rotator cuff disorders, including tears and arthroscopic techniques in surgical management. It addresses the latest topics, such as the conversion of mini-open repair to all arthroscopic repair, and answers key questions raised at instructional courses. Experts in the field present not only arthroscopic shoulder anatomy, cuff tear patterns, repair concepts, and other fundamentals, but also provide coverage of state-of-the-art techniques. The step-by-step approach is supplemented by a wealth of anatomical drawings and color photos.

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.

Disorders of the Rotator Cuff and Biceps Tendon E-Book Matthew T Provencher, Brian J. Cole, Anthony A Romeo, Pascal Boileau, Nikhil Verma, 2019-06-01 With a concise, expert focus on one of today's hottest topics in shoulder surgery, *Disorders of the Rotator Cuff and Biceps Tendon* provides thorough, up-to-date coverage of all aspects of this fast-changing area. This unique volume covers everything from physical examination and imaging workup to state-of-the-art treatment methodologies and clinical indications for operative techniques. Designed with the clinician in mind, it offers a comprehensive, well-illustrated approach in an easy-to-read format, supplemented by surgical videos created by leaders in the field. Expert contributing authors describe every procedural step in a logical, methodical manner, offering clinical and technical pearls from personal experience. Surgical techniques are written with the general orthopaedist in mind and include an emphasis on transitioning to all-arthroscopic techniques. Coverage includes non-operative care, including an emphasis on rotator cuff and proximal biceps rehabilitation techniques, injections, and modalities. Expert discussions include advanced arthroscopic rotator cuff repair techniques, revision surgery, and arthroplasty (hemiarthroplasty, total shoulder, and reverse shoulder arthroplasty) for failed cuff repair. Unique! Includes salvage reconstruction techniques including tendon transfers, biologic patches, and emerging technologies. More than 1100 high-quality illustrations include both original artwork and clinical photographs that accurately depict important aspects of each procedure for surgical management. Before each surgical technique, quick-reference text boxes in bulleted format present guidelines for arriving at the associated diagnosis. Ideal for orthopaedic surgeons, fellows, residents, and students in orthopaedic surgery as well as physical therapists, physician assistants and athletic trainers.

The Rotator Cuff Louis U. Bigliani,1998 Discusses the recent research and understanding of these complex issues: - Biomechanics of the coracoacromial arch - Kinematics of subacromial space- Arthroscopic acromioplasty- Arthroscopic distal clavicle repair- Massive rotator cuff repairs- Techniques and results of tendon transfers for irreparable tears- Complications of rotator cuff surgery

Basic Principles and Operative Management of the Rotator Cuff C. Benjamin Ma,Brian T. Feeley,2012 Basic Principles and Operative Management of the Rotator Cuff by Drs. C. Benjamin Ma and Brian Feeley is a unique and comprehensive book that covers arthroscopic, open techniques, and reconstructive options for treating rotator cuff tears The first section focuses on an up-to-date understanding the basic principles of the rotator cuff--its anatomy, the basic science behind rotator cuff pathology, diagnosis, and imaging. This section references recent literature so that the reader understands the pathology of rotator cuff disease. The second section focuses on the different types of rotator cuff pathology, how to diagnose pathology accurately, and discusses different non operative and operative treatment options. The operative sections will provide detailed state of the art techniques with clear photos and illustrations to take the surgeon through surgical procedures step-by-step. It is a comprehensive text on the operative management of rotator cuff pathology, including arthroscopic and open repairs, revision surgery, tendon transfers, and reverse shoulder arthroplasty. The book also describes tricks and tips to help the surgeon avoid common errors that are often encountered during the procedure. Different options for each type of rotator cuff problem will be presented. The final section will focus on complicated problems encountered in the shoulder. Topics Include - Anatomic structures, vascular and nerve supply, and the relevant surgical anatomy of the rotator cuff - Biomechanics of the rotator cuff--how the rotator cuff works to raise and lower the shoulder and position the arm in space, and how these functions are lost in cuff tears - Understanding the molecular mechanisms responsible for tendon and muscle degeneration - How to evaluate imaging in order to accurately diagnose rotator cuff tear problems and to be well-prepared for the operating room - Office and surgical management of common rotator cuff problems--divided into an introduction, diagnosis, non operative management, operative management, post operative management, and outcomes - Treatment options for large and massive cuff tears - Reconstructive options--replacements and muscle transfers - Detailed step-by-step guide to allow surgeons to navigate through complicated procedures Bonus! Basic Principles and Operative Management of the Rotator Cuff offers a companion Web site featuring complete surgical videos to walk you through each detailed technique step-by-step. In this constantly evolving field, Basic Principles and Operative Management of the Rotator Cuff will be a comprehensive reference for practicing orthopedic surgeons, sports medicine surgeons, shoulder and elbow specialists, and orthopedic surgery residents.

Rotator Cuff Injury Explained. Including Rotator Cuff Tear, Rotator Cuff Bursitis, Rotator Cuff Tendonitis. Symptoms, Exercises, Stretches, Repair Robert Rymore,2013-10 Millions of people are suffering from Rotator Cuff Injuries. This is another very informative book by Robert Rymore. He continues with his interest in writing medical educational guides. This guide is intended to be a tool, one that will give you information and hopefully some pain relief. Symptoms, Exercises, Stretches, Repair, Recovery, Aids, Treatments, Alternative Therapies all covered. Readers will surely find much contribution by this book, to relief their pain or even to create a pain free healthy lifestyle. The book is written in an easy to read and understandable style. In a straightforward, no nonsense fashion, Robert covers all aspects of Rotator Cuff Injuries, including lots of exercises. The content is informative, educative and easy to understand.

Rotator Cuff Disorders Joseph P. Iannotti,1991 This is a study of what the

contributors consider the best present-day surgical and nonsurgical treatments for young people, athletes and others who suffer rotator cuff disorders. It covers pathogenesis, diagnosis, nonsurgical management, surgical treatment and postoperative rehabilitation.

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.

Video Atlas of Arthroscopic Rotator Cuff Repair Uma Srikumaran, 2020-12-16 Fundamentals in rotator cuff repair and reconstruction from world-renowned experts! Rotator cuff disorders are the most common cause of shoulder pain, accounting for up to 70% of cases. Tears are the most severe subtype, with a lifetime prevalence rate of more than 20%. The size, location, and severity of rotator cuff tears varies greatly, requiring equally diverse preoperative planning and surgical interventions. Video Atlas of Arthroscopic Rotator Cuff Repair by Uma Srikumaran and esteemed contributors provides a concise, well-rounded perspective on the surgical management of rotator cuff pathologies. Expert surgeons from across the globe describe and demonstrate numerous approaches, enabling clinicians to expand their armamentarium and achieve optimal outcomes. The opening chapters lay a solid foundation, covering basic techniques for arthroscopic repair of various rotator cuff tear patterns, patient positioning, portal placement, tips and tricks, complications, and pitfalls. Subsequent chapters succinctly discuss a comprehensive range of arthroscopic and transosseous techniques, biologic augmentation, grafting, tendon transfers, and superior capsular reconstruction. Key Features Easy-to-digest bulleted format and narrated step-by-step videos on diverse techniques Discussion of different core procedures to manage rotator cuff tears, biceps tendon pathology, as well as failed primary surgeries Videos on superior capsule reconstruction and lower trap tendon transfer narrated by the technique creators Varied perspectives on the controversial topic of how to manage massive and irreparable tears This is a must-have resource for orthopaedic surgery residents and fellows, especially shoulder and sports injury specialists.

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