

Preface

Over the last several years, the diagnosis and treatment of rotator cuff injuries have improved. But despite this, care is sometimes uncertain. For example, when a patient first presents to a clinician's office, there are no good criteria for deciding whether treatment should be nonoperative. This is partly because rotator cuff injuries are common and often without symptoms, especially in the elderly. And in those that have symptoms, some are able to cope with them. It is also partly because some rotator cuff tears have the potential to worsen. Most experienced surgeons have had the unpleasant experience with an individual returning to their office several years after diagnosis of a small tear that has now become massive. A surgeon who chooses to repair all the torn rotator cuff tears must face the reality that about 25% fail to heal. These retears occur more often in severe rotator cuff tears, but other factors impair the healing as well.

This book provides detailed instructions in an easy-to-read, case-based format for treatments of patients with rotator cuff injuries. This includes tools for diagnosis, clinical decision-making for both nonoperative and operative management, surgical planning and techniques, postoperative rehabilitation and outcomes. Nonoperative, arthroscopic, and open surgical techniques in the treatment of rotator cuff injuries are detailed by experts in the field. From common rotator cuff tendonitis to complex revision surgery, biological augmentation, tendon transfer, and shoulder arthroplasty, the chapters are in a standard format, including clinical pearls and pitfalls to avoid. Reverse total shoulder arthroplasty, an

effective treatment for some who have little other hope for diminishing their pain and improving their function, is also included. In recent years, there has been more interest in the biology of healing the torn rotator cuff, specifically in injectables that may aid healing.

This casebook will be an excellent resource for orthopedic surgeons, residents, and fellows alike, as well as sports medicine specialists and all professionals who treat injuries to the shoulder.

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