

Functional outcome following arthroscopic single row repair in degenerative rotator cuff tear

Dr. Pradeep E¹, Dr. Arun Kumar KV^{1*}, Dr. Manu Ampalaya², Dr. Shah Shaival Kalpesh³

¹Associate Professor, ³Junior Resident, Department Of Orthopaedics, Chettinad Hospital and Research Institute

²Dr. Manu Ampalaya, Senior Resident, Sukh Sagar Medical College, Jabalpur

Corresponding Author: Dr. Arun Kumar KV

Email: arun5684@gmail.com



Abstract

Background: Rotator cuff disease encompasses a wide range of pathology from minimal bursal or articular side irritation and tendonitis to severe degenerative rotator cuff arthropathy. Rotator cuff pathology affects adults of all ages and other shoulder afflictions must be ruled out by careful history and physical examination. Arthroscopic surgery allows for a shorter recovery time and predictably less pain following procedure than any open surgery. **Materials and methods:** We did a prospective study on 32 patients of age more than 40 years of age with degenerative rotator cuff tear, who met the inclusion criteria and were operated using single row technique of arthroscopic rotator cuff repair and were followed up at 1 month, 3 months and 6 months and pain, function, muscle power and range of movements were assessed by ASES and UCLA scoring system. **Results:** The mean age of the patients was found to be 54.94 years. The Male: Female ratio in our study was found to be 3:1. The average ASES score in the pre-operative and post-operative period was found to be 22.66 and 89.53 respectively. The average UCLA score in the pre-operative and post-operative period was found to be 8.97 and 29.13 respectively. **Conclusion:** Arthroscopic rotator cuff repair with single row repair provides early pain relief and improves mobility, strength as well as patient satisfaction post operatively.

Key words: Single row repair, Arthroscopic rotator cuff repair, UCLA scoring, ASES shoulder score index.