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May 4th, 12:00 AM

### Arthroscopic Treatment of Shoulder Stiffness with Rotator Cuff Repair Yields Similar Outcomes to Isolated Rotator Cuff Repair

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# Arthroscopic Treatment of Shoulder Stiffness with Rotator Cuff Repair Yields Similar Outcomes to Isolated Rotator Cuff Repair

ROTHMAN  
ORTHOPAEDICS

Ruchir Nanavati, Parker L Brush, Adrian Santana, Gregory R Toci, Tariq Z Issa, Daniel J. Fletcher, and Joshua Hornstein



**Purpose:** To compare patient-reported and surgical outcome measures in patients with and without secondary shoulder stiffness (SSS) undergoing rotator cuff repair (RCR).

**Results:** A total of 89 patients with SSS were compared to 156 patients in the control group.

		Complete Cohort			Large and Massive Tears		
		SSS N=89	Control N=156	p-value	SSS n=34	Control n=67	p-value
MCS- 12	Preoperative	50.8 (10.0)	53.9 (9.17)	<b>0.013</b>	52.2 (9.94)	54.6 (9.09)	0.187
	Post-operative	54.2 (7.82)	54.4 (8.36)	0.620	55.1 (6.60)	55.1 (8.53)	0.582
	Delta	3.4 (10.9)	0.5 (9.9)	0.062	2.9 (10.1)	0.5 (9.9)	0.261
	Intragroup p-value	<b>0.005</b>	0.539	-	0.102	0.675	-
PCS- 12	Preoperative	37.5 (8.10)	38.5 (8.26)	0.371	40.0 (8.48)	38.9 (7.85)	0.537
	Post-operative	45.2 (11.0)	45.4 (10.4)	0.905	46.2 (10.9)	45.0 (10.9)	0.744
	Delta	7.7 (11.3)	7.0 (10.5)	0.622	6.2 (12.3)	6.1 (10.8)	0.990
	Intragroup p-value	<b>&lt;0.001</b>	<b>&lt;0.001</b>	-	<b>0.006</b>	<b>&lt;0.001</b>	-

- SSS group experienced a **significant improvement by the delta mental health component score**
- Both groups experienced **significant improvement by the delta physical health component score**
- The SSS group also **experienced greater improvement of their forward flexion and external rotation**

**Conclusion:** Operative intervention of SSS at the time of RCR has equivalent postoperative outcomes by the SF-12 survey when compared to patients undergoing RCR without preoperative stiffness.