
CLINICAL COMMENTARY
PARTIAL ARTICULAR SUPRASPINATUS TENDON
AVULSION (PASTA) LESION. CURRENT CONCEPTS
IN REHABILITATION

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ABSTRACT

Rotator cuff pathology can contribute to shoulder pain and may affect the performance of sport activities, work, and activities of daily living. The partial articular supraspinatus tendon avulsion (PASTA) lesion represents a very common type of rotator cuff pathology seen in rehabilitation. When conservative treatment fails, surgery is generally required. Success of recovery depends on several factors, including: repair techniques, healing process related to timing, rehabilitation programs, and patient compliance with home exercises. To date, most treatment modalities and rehabilitation programs are based on clinical experience rather than scientific evidence. Therefore, the purpose of this clinical commentary is to provide an overview on the PASTA lesion, discuss the common treatment approaches adopted to date and to propose a rehabilitation program based on the available scientific evidence.

Level of Evidence: 5

Keywords: Rehabilitation, rotator cuff, shoulder

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