

CLINICAL COMMENTARY

SUPERIOR CAPSULE RECONSTRUCTION FOR MASSIVE ROTATOR CUFF TEARS - KEY CONSIDERATIONS FOR REHABILITATION

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ABSTRACT

Superior capsule reconstruction is a recently-developed surgical technique for the treatment of massive, irreparable rotator cuff tears. So far, biomechanical cadaveric studies and clinical outcomes results have been promising concerning integrity, stability, and ROM after superior capsule reconstruction. As this technique has only been recently developed, an evidence-based rehabilitation protocol has not been previously designed. Thus, the purpose of this clinical commentary is to provide an overview of superior capsule reconstruction and to propose a rehabilitation program based on the available scientific evidence. The existing evidence is supplemented by the experience of the senior author who has performed more than forty superior capsule reconstruction procedures to date. This proposed rehabilitation protocol consists of four distinct phases, focusing on maximal protection, range of motion and muscular endurance, muscular strength and return to activity.

Level of Evidence: 5

Key words: Irreparable rotator cuff tears, rehabilitation, shoulder, superior capsule reconstruction

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