

# Does Time To Surgery In Acute Traumatic Rotator Cuff Tear Affect The Outcome?

## Introduction

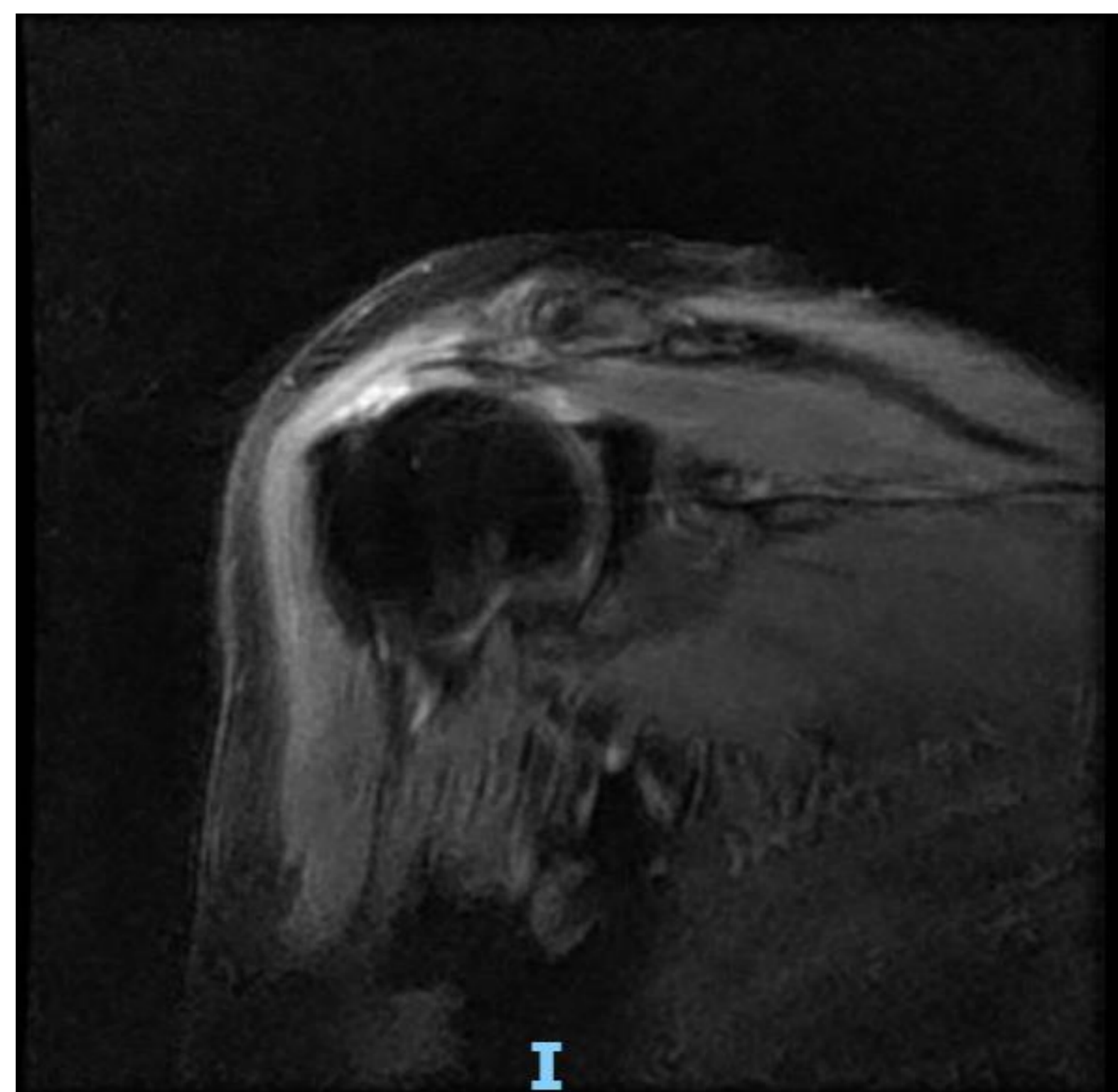
The incidence of acute traumatic rotator cuff tear (ARCT) has been increasing in the last two decades; Acute tears account for 8% of patients who present with symptomatic rotator cuff tears(1). It causes immediate pain, loss of strength and functional impairment of the shoulder .Few studies have reported on the surgical timing of acute cuff tears and clinical outcomes(2,3).

## Objective

To determine the effect of time to repair (early vs delayed) on the outcome after an acute traumatic rotator cuff tear.

## Methods

- Retrospective analysis of prospectively collected data .
- patients presenting with **acute traumatic rotator cuff tear** to our shoulder clinic between 2017 and 2019.
- Cuff tear was confirmed using **USS/MRI**
- **Primary outcome** was improvement in oxford shoulder score.
- **Final follow up score was done at least one-year post-operative.**
- Patient divided into two groups **early (<=6 months)** and **delayed (>6 months)** operative groups.

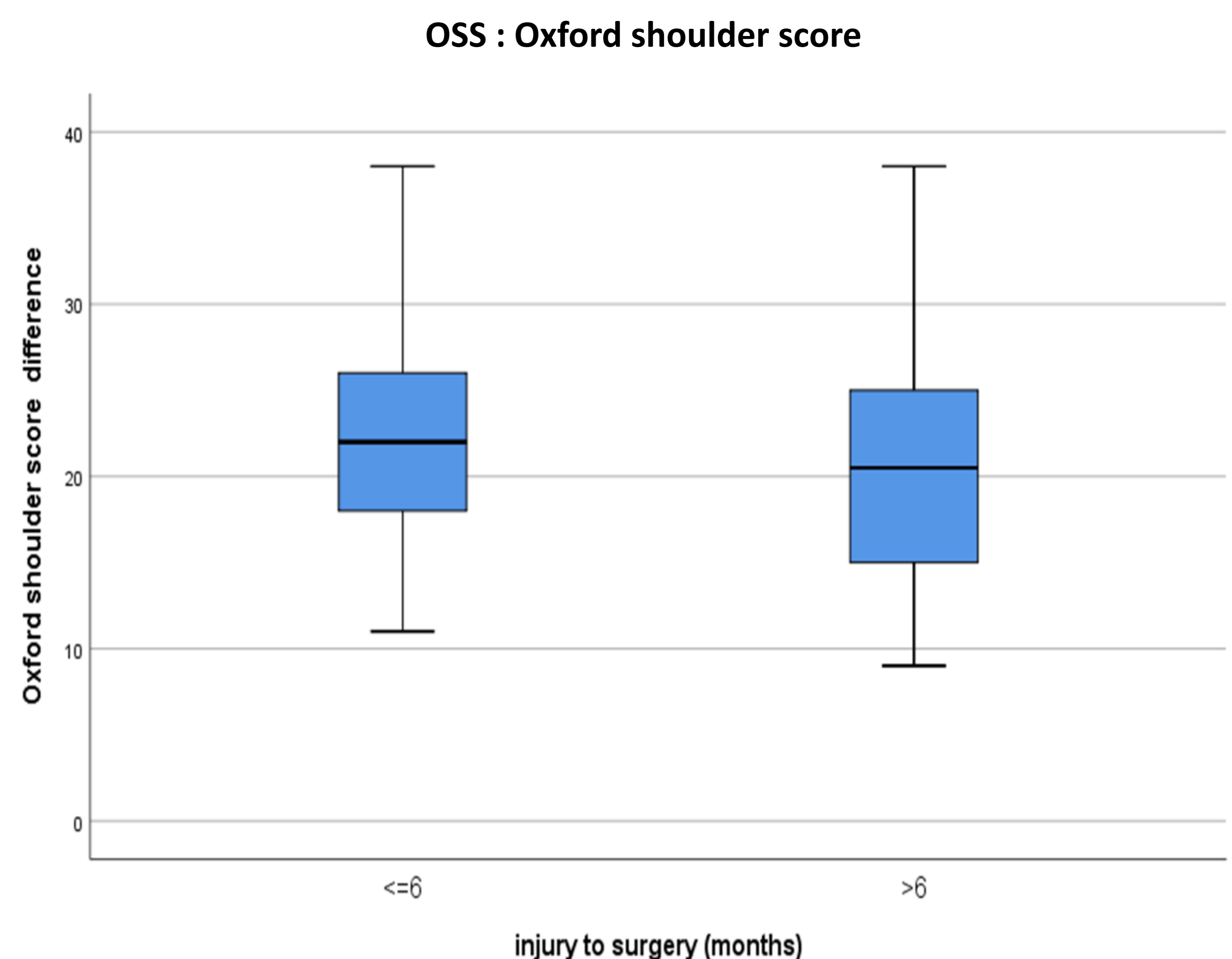


**Figure 1** : Coronal PD FS MRI scan right shoulder shows Full thickness tear Rotator cuff tendons.

## Results

The study had 49 patients in total.

	Early group ≤ 6 months	Delayed group > 6 months
<b>Number of patients</b>	<b>15</b>	<b>34</b>
<b>Age - Median ( range )</b>	<b>55.8 (34-76)</b>	<b>61.7 ( 33-80)</b>
<b>Post op OSS (Mean)</b>	<b>40.93</b>	<b>40.53</b>
<b>Improvement in OSS Median (range)</b>	<b>22.53 (11-38)</b>	<b>20.97 (9-38)</b>



## Conclusion

- There is no consensus whether early or late repair of ARCT can affect the outcome
- There is no significant difference in the final functional outcome between early and delayed surgical repair of traumatic ARCT as per our study.

## References

1. Bassett RW, Cofeld RH (1983) Acute tears of the rotator cuff: the timing of surgical repair. Clin Orthop Relat Res 175:18–24
2. Petersen SA, Murphy TP (2011) The timing of rotator cuff repair for the restoration of function. J Shoulder Elbow Surg 20(1):62–68.
3. Björnsson HC, Norlin R, Johansson K, Adolfsson LE (2011) The influence of age, delay of repair, and tendon involvement in acute rotator cuff tears: structural and clinical outcomes after repair of 42 shoulders. Acta Orthop 82:187–192

## Correspondence

[Abdelmonem.hassan@nhs.net](mailto:Abdelmonem.hassan@nhs.net)