Groups were initially comparable. There is no significant radiologic assessment with an MRI included. Patte (modified cuff strength, VAS, Constant, ASES, and UCLA scores were assessed. Pre-operative radiologic assessment with an MRI included Patte (modified by Boileau) classification of tendon retraction, and Goutallier classification of fatty degeneration. Cuff healing and integrity of repair was assessed using the Sugaya classification, wherein, Sugaya 4 and 5 were considered as re-tears. Results & Discussion Advanced fatty degeneration (Goutallier 3 and 4) was present in 44% of supraspinatus and 20% of infraspinatus muscle bellies, respectively; while moderate degeneration (Goutallier 2) was present in 42% of supraspinatus and 22% of the infraspinatus muscle bellies, respectively. Tendon retraction was to the level of the glenoid (Patte-Boileau III-2) or medial to the glenoid (Patte-Boileau IV) in 22%, and just lateral to the glenoid (Patte-Boileau III-1) in 66%. About half of the tears (51%) extended into the teres minor. The subscapularis was partially torn (Lafosse 1-3) in 46% of cases and completely torn (Lafosse 4-5) in 20%. At follow up, there was a statistically significant increase in the mean range of motion (Table 1). Relative cuff strength improved from 57% to 90%, when compared to contralateral side (Table 2). VAS improved statistically from 4.25 to 1.7 (p < 0.001). There was a statistically significant improvement in all scores from preoperative to postoperative evaluations; Constant from 50 ± 17.8 to 74 ± 13.0 (p < 0.001), ASES from 52 ± 17.5 to 87 ± 14.9 (p < 0.001), and UCLA from 16 ± 4.9 to 30 ± 4.9 (p < 0.001). There were 6 re-tears (10%) with Sugaya 4 and 5 grades noted, one failure was due to P. acnes infection. 65% of patients were Sugaya 2. Stiffness occurred in 6 cases (10%) with 4 requiring arthrolysis. 93% returned to pre-injury work, and 89% of cases returned to pre-injury sport. The satisfaction rate was 96%. Primary repair of massive posterolateral cuff tears using the muscle advancement technique coupled with double-layer lasso loop repair leads to restoration of range of motion, symmetrical strength, and excellent functional outcomes.

Category: Shoulder - Rotator Cuff

Simulator VR Rotator Double Row Cuff Repair Training Improves the Overall Ease of the Procedure: A Randomized, Controlled and Multicentric Transfer Validity Study

Abstract ID# 21536
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Summary:
This prospective, controlled and multicentric study about the transfer validity between VR simulator and real condition demonstrate that the simulator is not sufficient to learn a complex and sequential procedure like double row repair.

Data:
Purpose To investigate the transfer validity of an arthroscopic cuff repair from virtual reality simulation to real conditions. Methods Thirty orthopedic residents and first year orthopedic fellows were enrolled in our study from six French university hospitals. At baseline, they were asked to answer a survey about the number of arthroscopic procedures they performed as an operating assistant or main surgeon. The attendees were also asked about their confidence in performing an arthroscopic cuff repair. Following this survey, they were randomized in two different groups: virtual reality training (VR+) or no virtual reality training (VR-).

At the beginning of our study, both groups received one session of training on the simulator Arthrost® (VirtaMed AG, Zurich, Switzerland) and a theoretical course on cuff repair. Thereafter the VR + group underwent a monthly based training program with increasing difficulty procedures. The training sessions were standardized, lasted 1 hour, and were performed under the supervision of the same assessor. After 6 months, all the attendees were asked to perform an arthroscopic double row supraspinatus repair on a 3D printed shoulder model using real anchors. Two independent and blinded shoulder specialized surgeons rated the attendees using the Arthroscopic Surgical Skill Evaluation Tool (ASSET) score. Statistical analysis was performed with a non-parametric t-test Mann-Whitney was used. The results are expressed with median and standard deviation. Results Both groups were initially comparable. There is no significant difference between the two group with the total ASSET score (63 +/-4.7 versus 58 +/-8.3, p=0.11). The VR+ group presented a better ASSET Global rating scale than the VR- group (35 +/-3.1 versus 32 +/-5.7, p=0.046). The task specific checklist for the procedure did not differ between VR+ and VR- (26.8 +/-2 versus 25.6 +/-2.8, p=0.24). The VR+ group was faster than the VR- group (1705 +/-215 seconds versus 1890 +/-247 p = 0.0063). Conclusion A monthly based VR program of 6 months improves the arthroscopic performance of orthopedic surgeons in formation but is not sufficient to master a procedure.

Category: Shoulder - Rotator Cuff

Risk Factors for Early Failure of Non-operative Management of Degenerative Rotator Cuff Tears

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Summary:
A retrospective cohort study designed to identify risk factors that increase likelihood of surgery within 3 months of initial presentation after failure of non-operative management for degenerative rotator cuff tears.

Data:
Background: A number of risk factors for the general failure of non-operative management in the treatment of atraumatic, degenerative rotator cuff tears (RCT) have been identified. However, to date, there is a paucity of research investigating how these risk factors are related to the timing of the failure of non-operative management. A study incorporating this temporal factor would assist physicians and patients to determine when an individual patient is likely to need surgical intervention. The aim of this study was to determine risk factors, including duration of symptoms from initial date of onset to presentation, for early surgical intervention. Methods: A retrospective cohort study was performed of patients with degenerative, atraumatic RCT who underwent surgery by two fellowship-trained shoulder surgeons and had at least 12 months of postoperative follow-up. These patients were divided into two cohorts based on duration of time between index presentation to the surgeon and intervention: early (fewer than 3 months) and delayed (greater than 3 months). Patient characteristics such as demographics, comorbidities, individually and combined via the Functional Comorbidity Index and Charlson Comorbidity Index, clinical findings and shoulder/rotator cuff tear characteristics were collected and data analysis was performed. Results: 144 patients met inclusion criteria, which was failure of at least 6 weeks of physical therapy +/- a glucocorticoid injection. One hundred seven patients (74%) underwent surgery within 3 months of presentation, and 37 (26%) underwent surgery after at least 3 months. Analysis revealed duration of symptoms prior to presentation is a prognostic factor for early versus late surgery (=3 months: 5 (14%) early group, 39 (36%) late group, 4-10 months: 11 (30%) early, 27 (25%) late, 11-25 months: 16 (43%) early, 28 (26%) late, >25 months: 5 (14%) early, 12 (11%) late; p-value 0.05). Additionally, no current tobacco use increased likelihood of undergoing surgery early (early: 96/106 (90%), delayed: 28/37 (76%); p-value 0.04). Age was also a predictive factor with older patients, on average, being more likely to require surgery earlier (mean age: early: 56 +/-9, delayed: 61 +/-11; p-value 0.02). Patients who experienced night pain were more likely to fail non-operative treatment earlier (early: 89/94 (95%), delayed: 27/34 (79%); p-value 0.02). Patients with an external rotation strength less than 5/5 were more likely to undergo surgery within 3 months of presentation (early: 58/107 (54%), delayed: 12/36 (33%); p-value 0.03). Conclusions: This study found that the major risk factors for failure of non-operative management within 3 months of index presentation are shorter length of time from symptom onset to presentation, older age, presence of night pain, and an external strength less than full strength. This information may help guide informed decision making.

Category: Shoulder - Rotator Cuff

Assessment of the Tendon Retraction Classification Systems for Predicting Repairability and Rotator Cuff Integrity in Arthroscopic Rotator Cuff Repair

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