

Shoulder Injuries in the Work Place



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Most Common Shoulder Diagnoses

- RTC
- AC
- Adhesive Capsulitis
- Instability
- Other
 - Scapulothoracic, G/H OA, biceps

Causation

- Discuss anatomy and biomechanics of injury
 - Office work: ergonomics
 - Mouse
 - Keyboard
 - files
 - Heavy Labor:
 - Mechanism of injury

Definitions

- Bursitis
- Impingement
- Rotator cuff tendinitis
- Tendinosis
- Rotator cuff tear
- Partial tear



Diagnosis

- When MRI ?
 - Almost always
 - Document presence and size of tear
 - Evaluate for ganglion cyst
 - Cuff atrophy
 - Bone cysts , tumors
 - G/H degeneration
 - Labral tears
 - Loose body

MRI : Not the Final Answer

- False Positive
- False Negative
- Clinical diagnosis



RTC Tear: Treatment Plan

- Definite full thickness tear- immediate surgery
- Impingment, ptl tear- 3-6 months conserv

Reasons to recommend surgery

- Full thickness tear on MRI
- Partial tear on MRI with poor response to conserv Rx
- Chronic imp unresponsive to conserv Rx (can wait the longest)

Can the MRI be normal and the patient still requires surgery ?

- YES
- 10% of time
- Occult impingement
- Subtle laxity
- Small tear labrum
- Chondral defect

Why it is important to have pt treated correctly from the beginning-

- Correct diagnosis
- Proper injection technique
- Proper rehab
- Early surgery better result than delayed (esp for tear)
- Avoid complications
 - Adhesive capsulitis
 - Atrophy
 - Enlarged tear

Reasons for poor results of surgery

- Incorrect diagnosis
 - A/C
 - Adhesive capsulitis
 - Cervical spine
- Inadequate surgical technique
 - Shoulder surgery is very specialized !!
- Mechanical failure of repair
 - Sutures hold only 30 lbs.
 - Tendon tissue is weak (proper rehab is important !!)
 - Anchor failure



How to handle failed surgical treatment

- Second opinion to confirm diagnosis
- Repeat MRI with Gad
 - Failed repair
 - Loose anchor
 - Inadequate acromioplasty
 - Missed diagnosis
 - C disc, A/C, frozen shoulder,

Expected time off work (modified, P&S)

- ASD
 - Modified: 2-4 weeks, P&S 3-4 months
- Repair
 - Modified 6-8 weeks, P&S 6-9 months

Expected disability :

- Over shoulder reaching and lifting
- Pushing pulling

Reasons for permanent disability

- Chronicity of tear
- Age of patient
- Size of tear
- Type of job

What's In/ What's Out

- IN

- Arth RTC repair
- New Anchor !!!
- Arth Mumford
- Capsular release
- Biceps Tenodesis

- Out

- Thermal Shrinkage
- Open shoulder surgery





