

EVALUATION OF THE FUNCTIONAL STATUS IN PATIENTS AFTER ARTHROSCOPIC RECONSTRUCTION OF THE ROTATOR CUFF DURING THE YEAR AFTER THE SURGICAL PROCEDURE.

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Introduction: Damage to the rotator cuff is a very common cause of pain and reduced efficiency within the shoulder complex. They are usually multifactorial, including: trauma, shoulder joint instability, rib-scapular dysfunctions, congenital malformations and degenerative changes associated with the rotator cuff itself. Symptomatic injuries of the rotator cuff are related to various studies from 4% to 32% of the population, and their frequency increases with age. This type of damage is also one of the more frequent indications for surgical treatment within the shoulder. The goals of the repair procedure include restoring the free end of the damaged tendon in place of the anatomical attachment, reconstruction the contact between the tendon and the bone and, as a result, providing a durable structure, resistant to possible break.

Goal: The aim of the study was to assess the current functional abilities of patients after arthroscopic treatment of rotator cuff within one year of surgery in various areas of everyday activity.

Material and methods: The studies were conducted in the period from March 2015 to May 2017 among 48 people aged 40–65 years operated because of the damage to the rotator cuff at the Specialist Hospital Holy Family in RudnaMała. To assess the functional status used the most common measuring tools to assess the function of the shoulder: Constant Shoulder Score scale and Western Ontario Rotator Cuff Index.

Results: On the basis of the obtained results, the presence of moderate pain was found within the operated shoulder ($\bar{x}=1,9$ w skali VAS). The quality of life assessment carried out using the WORC Index showed the greatest improvement in the area of emotions ($\bar{x}=33,6$) and life style ($\bar{x}=56,7$), whereas, to a lesser extent, in terms of physical symptoms ($\bar{x}=80,2$), professional activity ($\bar{x}=88,4$) and opportunities for sports and recreation ($\bar{x}=98,3$). The overall result presented as a percentage showed a return of fitness at the level of 83%.

Conclusion: The one-year period from the surgery allowed a significant, but incomplete but incomplete recovery in most patients, especially in relation to professional activity, sports and recreation. Therefore, it seems advisable to continue research to determine the time to achieve a full improvement in the functional status of patients.

Keywords: rotator cuff, arthroscopy, quality of life