

| Research Project Details | |
|-----------------------------|---|
| Title | Evaluation of Evidence-Based Interventions for Partial-Thickness Rotator Cuff Tears Within a Best Evidence Synthesis Framework |
| Investigator | Dr. Lauren Beaupre, University of Alberta |
| Funding Period | 2021-2024 |
| Budget | \$17,114.00 |
| Issue/Rationale | <p>In the working population, partial-thickness rotator cuff tears (PTRCTs) are one of the most common causes of shoulder pain and often result in occupational disability due to pain, stiffness, and loss of shoulder function. Along with full-thickness tears, PTRCTs rank second in frequency to neck and back pain in the workplace. This prevalence rate significantly reduces work productivity as indicated by high claims rates and costs attributed to workplace rotator cuff injuries. Work-related shoulder injuries may also be the result of cumulative trauma, which increase the necessity of early intervention to prevent disease progression. However, current evidence does not provide guidance as to the best management plan for symptomatic PTRCTs, and treatment remains controversial.</p> |
| Objective(s) | <ul style="list-style-type: none"> • The primary objective of our best evidence synthesis is to consolidate the existing HIGH-QUALITY evidence on best management approaches in treating patients presenting with PTRCTs including both nonoperative and surgical approaches. This will allow us to scrutinize the level of evidence available to provide meaningful recommendations. • Our secondary objective is to explore the impact of baseline characteristics (e.g. age, sex, hand dominance, chronicity, general health status, tear characteristics, mechanism of injury, occupation type, occupational demands) and treatment characteristics (e.g. timing of intervention) on treatment success. |
| Anticipated Results/ Impact | <p>As described previously, we aim to complete a 'best evidence synthesis' to examine all high-quality evidence available across the treatment spectrum for patients presenting with PTRCTs. This will allow us to determine best practice treatment for PTRCTs and allow us to provide accurate recommendations for patients and providers. Injury severity and job characteristics may substantially impact the need for time off or the duration of time off work related to disability. Understanding the relationship between these factors and appropriate treatment pathways will potentially reduce time off work for these individuals.</p> |
| Keywords | Rotator cuff, partial-thickness rotator cuff tears, shoulder, treatment, evidence |