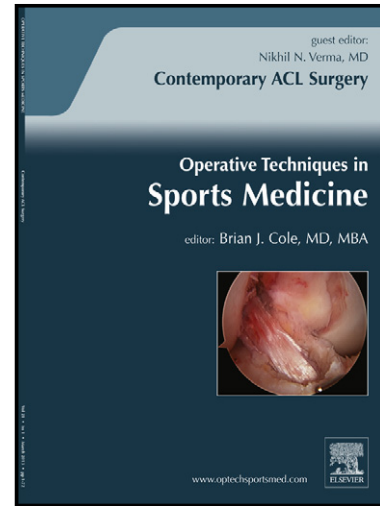


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The thrower's shoulder: Management of full-thickness rotator cuff tears

Christopher Mazoue M.D.



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## **The Thrower's Shoulder: Management of Full-Thickness Rotator Cuff Tears**

Christopher Mazoue, M.D.  
Associate Professor  
University of South Carolina  
Department of Orthopaedic Surgery  
Cmazoue@uscmcd.sc.edu

Abstract. The act of throwing places significant stresses on the rotator cuff resulting in rotator cuff injuries including rotator cuff strains, rotator cuff tendinosis, partial-thickness rotator cuff tears and full-thickness rotator cuff tears. Full-thickness rotator cuff tears are uncommon in the young throwing athlete. It appears that most full-thickness tears are chronic injuries secondary to repetitive tensile, compressive and shear stresses to the rotator cuff during the throwing motion. Management of full-thickness rotator cuff tears in throwing athletes is challenging. History, physical exam, imaging studies and an understanding of the athlete's short-term and long-term goals are critical to developing a management plan for these athletes. If nonoperative treatment fails, we describe our technique for an arthroscopic rotator cuff repair utilizing a transosseous-equivalent double-row or triple-row technique.

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