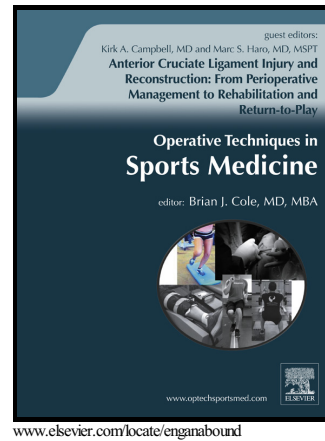


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Tendon Transfer for Irreparable Rotator Cuff Tears

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Tendon Transfer for Irreparable Rotator Cuff Tears**Nicholas J. Clark, MD, Bassem Elhassan, MD****Mayo Clinic School of Medicine, Rochester, MN****Corresponding Author –****Bassem Elhassan, MD – Elhassan.bassem@mayo.edu****Postal address:****200 1st St SW****Rochester, MN 55905****ABSTRACT**

Tendon transfer procedures provide treatment options for younger patients without significant glenohumeral arthritis with irreparable rotator cuff tears (RCT). These interventions can restore the glenohumeral joint force couple, allowing restoration of near-normal shoulder kinematics. Benefits include reliable pain relief, increased function and increased strength. Proper selection of donor tendon is crucial, and the principles of tendon transfer procedures must be adhered to for maximal benefit. The purpose of this article is to provide evidence-based techniques to reconstruct massive, irreparable rotator cuff tears.

INTRODUCTION

Rotator cuff disease is among the most common musculoskeletal disorders. The rotator cuff muscles include the infraspinatus and teres minor posteriorly, supraspinatus superiorly, and the subscapularis anteriorly. The tendons of the rotator cuff converge to surround the proximal humerus to provide compression of the humeral head to the glenoid.¹ This compressive force allows the periscapular muscles to move the humerus around the glenoid through the arc of motion.

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