

Linköping University Medical Dissertations  
No. 1312

# Treatment of Subacromial Pain and Rotator Cuff Tears



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# Thesis at a glance

Study	Hypothesis	Methods	Material	Answer
I	Arthroscopic subacromial decompression (ASD) protects the rotator cuff from wear (and tear)	Retrospective, 15-year clinical & imaging follow-up	70 patients	Yes, possibly
II	Time to acute cuff repair, age at repair & extent of cuff injury influence outcome	Retrospective, 39-month follow-up	42 patients	Time: no influence up to 12 weeks Age: yes Injury extent: no
III	Plasma levels of MMPs & TIMPs in patients with cuff tear differ from controls	Prospective, Luminex & ELISA analyses	17 patients, 16 controls	TIMP-1 increased with full-thickness tear
IV	A specific exercise strategy reduces pain and improves shoulder function changing the need for ASD	Prospective, randomised exercises & 3-month follow-up	97 patients	Yes, in a 3-month perspective
V	Positive effects of the specific exercise strategy remain after 1 year	Prospective, 1-year follow-up	97 patients	Yes
	Rotator cuff status, radiological findings and baseline Constant score influence need of ASD	Regression analyses	97 patients	Yes



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