

Prospective Randomized Trial of Rotator Cuff Repair Rehabilitation: Jackins' Exercises versus Pulleys

Zens DPT,SCS,ATC, Baumgarten MD, Osborn DPT,OSC: Orthopedic Institute, Sioux Falls, SD USA

Background: There has not been a study that compares the use of pulleys and Jackins' exercises with respect to active range of motion, scapulothoracic substitution and objective patient outcomes measures.

Hypothesis: There will be no significant difference in passive range of motion, active range of motion, scapular substitution, and subject measured outcomes scores in subjects who undergo rotator cuff repair when treated with pulley exercises compared to Jackins' exercises.

Study Design: Prospective randomized study with repeated measures

Methods: Fifty six patients who met both inclusion and exclusion criteria for arthroscopic rotator cuff repair volunteered to enroll in this IRB approved study. Patients were treated with an identical physical therapy PROM protocol for the first six weeks. At six weeks, patients were randomized into either a pulley group or the Jackins' exercise group. All other aspects of the rehabilitation protocol will be identical. There were five data collection points (6 weeks, 12 weeks, 18 weeks, 26 weeks and 52 weeks) in which each patient completed five patient outcome questionnaires (clinimetrics). Scapular control was assessed four times (weeks 12, 18, 26 and 52), while range of motion and strength were each assessed twice (weeks 26 and 52).

Results: This is an on-going study at 60+ months in duration at this time. We are in the process of analyzing the data.