

47<sup>th</sup> International conference on Prosthodontics & Restorative Dentistry8<sup>th</sup> annual Conference on Orthopedics, Rheumatology, Osteoporosis

JULY 12, 2022 | WEBINAR

## **Our experience in surgical treatment of the rotator cuff lesions of the shoulder: Single centre experience**

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**Introduction:** Rotator cuff lesions might cause a pain and injury of the humeral head, which eventually brings to arthritis and diminishing of quality of patient's life. Shoulder arthroscopy is a common intervention method of treatment of articular pathologies. Meanwhile, choosing an appropriate approach of the surgery and a type of operation are still disputable. They inquire an advancing of a technique for arthroscopic surgery of the rotator cuff of the shoulder joint. This study was conducted at the Republican Specialized Scientific and Practical Center for Traumatology and Orthopedics, Uzbekistan from 01/01/2015 to 12/30/2021. 82 patients diagnosed with a full-thickness RCT were included to the study. To scale up the effectiveness and follow up a treatment.

**Subjective observation tools were utilized:** UCLA, Constant Shoulder Score and Simple Shoulder Test. The results before intervention and after 18 months were examined.

**The surgery technique** arthroscopic subacromial decompression, fixing of an autograft from the tendon

m. tensor fascia latae of the thigh and attaching of the autograft under the subacromial space. Results: Mid - term outcome of intervention was analyzed. Of 38 patients of main group (n=42), positive results were received (good result - 32 patients, satisfactory - 6). The complication rate was 8% and involved 4 cases of chronic pain during rotational movements of the shoulder.

**Conclusion:** This treatment method looks convenient and simple and affordable. Patients can accomplish painless rotational movements of the shoulder joint, prevents re-injury of the RC with a minimally invasive and more effective way.

### **Biography**

Sukhrob Saliev has completed his MSc at the age of 35 years from UCL, UK. He is the PhD fellow of RSSPMCTO, Uzbekistan. He has over 20 publications that have been cited 5 times, and his publication H-index is 2. .

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**Received Date:** June 13, 2022; **Accepted Date:** June 15, 2022; **Published Date:** July 30, 2022