Clinical Practices Associated with Partial Thickness Rotator Cuff Tears

Diagnosis and management of partial thickness rotator cuff tears (PRCTs) can be challenging.

**Clinical diagnosis and management of PRCT**

**Detection**
- History and physical examination
- Ultrasonography

**Diagnosis**
- Magnetic resonance imaging
- Diagnostic injections
- Arthroscopic evaluation following failed conservative treatment

**Primary line of treatment**
- Conservative management
  - NSAIDs
  - Physical therapy

**Surgical decision-making**
- Age
- Arm dominance
- Etiology
- Activity level
- Tear thickness
- Tear location

**Surgery**
- Arthroscopic débridement
- Transosseous repair
- In situ repair (e.g., transtendinous)
- Tear completion and repair (i.e., conversion repairs)
+/- Biological augmentation (PRP, MSCs, scaffolds)

**Post-surgery treatment**
- Postoperative rehabilitation

Conservative treatment is often the first line of management; however, evidence suggests that surgical intervention may limit tear progression and long term sequelae.