THE IMPACT OF ARTHROSCOPIC ROTATOR CUFF REPAIR ON GOLFING PERFORMANCE

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DISCLOSURES

• Stephanie Muh MD:
  • Paid consultant for Depuy Johnson & Johnson
  • Paid consultant for Exactech, Inc.
INTRODUCTION

• EMG illustrated rotator cuff as contributor to golf swing\(^1\)
• Vives et al: 26/29 golfers returned to play following open rotator cuff repair\(^2\)
PURPOSE

• Lack of evidence regarding return to play and performance following arthroscopic rotator cuff repair (RCR)

• **Hypothesis:** The majority of patients would return to play with improvements in pain and performance following surgery
METHODS

• Identified patients who underwent RCR from 2012-2018
• 18-question online survey sent to 1923 patients
Results

- 127 golfers responded to survey
  - Age 62.8 ± 8.3
  - 73% Male
- 97 returned to golf (76%)

### Pain During the Golf Swing

<table>
<thead>
<tr>
<th>Respondents reporting pain during the golf swing (% of total responses)</th>
<th>Before</th>
<th>61.4%*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>After</td>
<td>19.3%*</td>
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<table>
<thead>
<tr>
<th>VAS rating during the golf swing, mean (standard deviation)</th>
<th>Before</th>
<th>5.9 (2.5)*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>After</td>
<td>1.4 (1.8)*</td>
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</table>

### Golfing Performance

<table>
<thead>
<tr>
<th>Handicap</th>
<th>Before</th>
<th>19.6 ± 11.2</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>After</td>
<td>20.3 ± 12.8</td>
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<tr>
<th>Driving distance</th>
<th>Before</th>
<th>214.79 ± 46.83</th>
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<tbody>
<tr>
<td></td>
<td>After</td>
<td>210.28 ± 44.85</td>
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</table>
RESULTS

How long after surgery did you return to golf? (% of total responses)

- <6 months: 39.8%
- 6-12 months: 45.8%
- 1-2 years: 13.3%
- >2 years: 1.2%

How has your enjoyment of golf changed since the surgery? (% of total responses)

- Much more enjoyment: 25
- Somewhat more enjoyment: 10
- Same amount of enjoyment: 40
- Somewhat less enjoyment: 5
- Much less enjoyment: 1
**Discussion**

- 86.8% of recreational athletes returned to sport following RCR^3^
  - 11/12 golfers
  - Average age 57 (versus 62)

- Improvement in VAS scores exceeded minimal clinically important difference^4^
CONCLUSIONS

• Rotator cuff repair successful in alleviating pain during the golf swing
• No significant difference in golfing performance
THANK YOU
REFERENCES


