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“Intersection of Catastrophizing, Mood Disorders, and Gender in Rotator Cuff Surgical Patients: A Prospective Exploratory Study”

Nearly 180,000 Canadians will develop rotator cuff disease each year. This wear-and-tear problem of shoulder tendons leads to shoulder pain, weakness with arm reaching, poor sleep, and night pain. Rotator cuff disease can affect many things. Some people can't work. Some people can't care for loved ones. Many people can't do sports or hobbies important to physical and emotional health.

A lot of research has been done to improve healing of surgical repairs of the tendons. Focusing only on the tendons may not completely explain how people do after surgery. Our purpose is to look at some patient factors and how they might affect the results of surgery. We will look at whether the way patients cope with painful situations affects how they do after surgery. We will also look at whether patient gender, anxiety, or depressed mood affects the results of surgery.

One hundred and eighty-four patients will be followed for 1 year after their surgery. Questionnaires will be used to learn how these factors affect recovery and the final outcomes of surgery.

We will learn more about factors that affect surgical results and we will use this knowledge to make patient care more individualized, and hopefully improve results for future patients. We will also be better able to advise patients thinking of having surgery for their rotator cuff disease about what to expect for results from surgery.