

## **Abstract**

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**Title:** Early rehabilitation in comparison with the traditional approach after arthroscopic surgery of the rotator cuff - literature research

**Aim:** To process a literature search concerning the reconstruction of the rotator cuff with regard to early physiotherapy, its safety and effectiveness. To map the approach to the issue from the point of view of surgeons in the form of a non-standardized questionnaire survey. To compile a systematic review of studies comparing early and delayed physiotherapy in the form of passive movements.

**Background:** The primary goals in the postoperative period after rotator cuff repair are to minimize pain, protect the repaired muscle and tendon, and finally restore shoulder function. At a time when the gold standard was open access, surgeons recommended an early passive range of motion after repairing the rotator cuff in an effort to reduce the likelihood of the formation of adhesions leading to stiffness of the operated arm. Although early passive movement may minimize the chance of a stiff arm, it may not be optimal for the early stages of rotator cuff healing.

**Metoda:** thesis is processed in the form of literary research. Literary sources of the work were searched in the databases PubMed, MEDLINE, PEDro, Web of Science, EBSCOhost and Scopus. The first part of the thesis contains a theoretical introduction containing basic information about the anatomy of the rotator cuff, its pathophysiology, diagnostics, surgical care and postoperative care. The second part of the work has a descriptive - analytical character and contains an analysis of individual studies that examine the application of two postoperative protocols that differ at the time of initiation of physiotherapy in the form of passive movements.

**Výsledky:** Results: At the end of the search, 5 studies met the selection criteria. Due to the small number of studies included in the studies, the results cannot be applied in general. However, based on the results, it can be stated that the start of passive movement in the first week after the operation is not dangerous, but also not significantly advantageous.

**Key words:** rotator cuff, arthroscopic operation, early passive movement, physiotherapy, rehabilitation