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EVALUATION OF OCCUPATIONAL RISK IN ROTATOR CUFF SYNDROME: THE IMPORTANCE OF THE AGE

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The etiology of rotator cuff tendinopathy is classified as intrinsic, extrinsic or a combination of both. Recognizing age-related rotator cuff changes is helpful in the differential diagnosis with occupational disease.

The authors proceeded to review the literature with the aim of obtaining information on age-related tendon changes.

Databases such as pubmed, scopus and web of science were used, keywords such as "age-related" or "aging" and "rotator cuff degeneration" or "rotator cuff tears" or "rotator cuff disease" in Title/Abstract.

Age greater than 50 years appears to be a significant factor in the intrinsic etiology of rotator cuff tendinopathy, which is consistent with knowledge regarding age-related degenerative changes in aging cuff tendons of the rotators.

Ultrasonography has shown that 13% of the population in the fifth decade, 20% in the sixth decade and 31% in the seventh decade of life have a rotator cuff tear .

Rotator cuff tendon rupture is very common, occurring in approximately 15-20% of 60-year-olds, 26-30% of 70-year-olds, and 36-50% of 80-year-olds .

The probability of a bilateral tear after 60 years of age reaches 50% in a study of Yamaguchi K et al.

The knowledge of these data allows the adoption of preventive strategies aimed at the working population of an advanced age but also allows to draw useful evaluation elements for the possible recognition of occupational diseases in an advanced working age.