

Comparing 2 rehabilitation approaches after shoulder surgery

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The RaCeR 2 trial in Australia

Tears of the rotator cuff tendons are common, and whilst surgical approaches have improved, **we are still uncertain how best to approach rehabilitation after surgery, a critical part of recovery!**

We want to compare 2 approaches to – one which takes a standard approach of using a shoulder sling for at least one month before gradually moving the shoulder, and one where patients are guided to move their shoulder as soon as they feel able, with support from a physiotherapist. Outcomes include shoulder pain and disability, time away from driving and work, rotator cuff tendon re-tears, and costs.



Our questions for you

1. We have already completed a pilot trial with a small number of patients. We need 600 patients in this trial to do a robust comparison. What are the key barriers that you can see to involving so many patients in this large trial?
2. If you were invited into the trial, how acceptable would you find the 2 approaches, what information would you need and what might help make participating as acceptable as possible for you?
3. Are there any other key outcomes you feel we really should include, that have not been mentioned above?
4. Might you like to get involved in a research consumer group to help us further develop this large trial in Australia?

Future involvement opportunities

Who: Those with experience of shoulder pain, shoulder surgery or physiotherapy rehab programs that involve exercise. We would like a group of consumers to work with us to develop the plans further.

What: A RaCeR 2 trial research consumer group would be ideal, and one or two consumers who might like to join the research team as a co-applicant and help oversee the whole trial, and join the team.

When: From October 2022 to February 2023 for the initial grant application development, then if we are successful with the research funding for the trial, a 4 to 5 year trial timeline in total, after that.

Where: This could be arranged to suit the preferences of consumers – either face to face in person or via zoom calls or a combination of the two.

How: For the RaCeR 2 research consumer group – we anticipate about 2 meetings per year, for those who join the team as co-applicants and team members, we anticipate about 1 meeting per month. Time and travel will be reimbursed in line with guidance for consumer involvement.

Why: We want to ensure the trial benefits from consumer involvement in all stages – from applying for funding to do the trial, right through to finding out, and sharing, the results.



Scan the QR Code to get in touch with the researcher about consumer involvement on this project.

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