

TABLE E-1 Preoperative Patient Characteristics by Group (N = 124)

Variable*	Group†	
	IM (N = 59)	TR (N = 65)
Sex		
Female	24 (41%)	27 (42%)
Male	35 (59%)	38 (58%)
Age‡ (yr)	55.8 ± 6.3	54.8 ± 6.3
Tear size‡		
Width (mm)	13.1 ± 6	13.6 ± 7
Length (mm)	14.5 ± 8	14.3 ± 8
Area (mm ²)	233 ± 229	231 ± 259
VAS pain score‡	5.6 ± 2.3	5.7 ± 1.8
SST score‡	4.9 ± 3.6	5.2 ± 2.5
ASES score‡	45.9 ± 20.3	44.2 ± 14.5
Relative Constant score‡	53.8 ± 17.3	55.1 ± 13.7
Elevation‡ (deg)	139 ± 25	141 ± 26
External rotation‡ (deg)	60.8 ± 15.3	61.4 ± 16.4
External rotation and abduction‡ (deg)	74.7 ± 23.3	77.7 ± 22.0
Strength‡ (lb [kg])		
Abduction	4.3 ± 4.5 (1.9 ± 2.0)	3.8 ± 4.1 (1.7 ± 1.9)
External rotation	8.8 ± 4.4 (4.0 ± 2.0)	9.7 ± 5.8 (4.4 ± 2.6)

*VAS = visual analog scale, SST = Simple Shoulder Test, and ASES = American Shoulder and Elbow Surgeons. †IM = immobilization, and TR = traditional rehabilitation. ‡The values are given as the mean and the standard deviation.