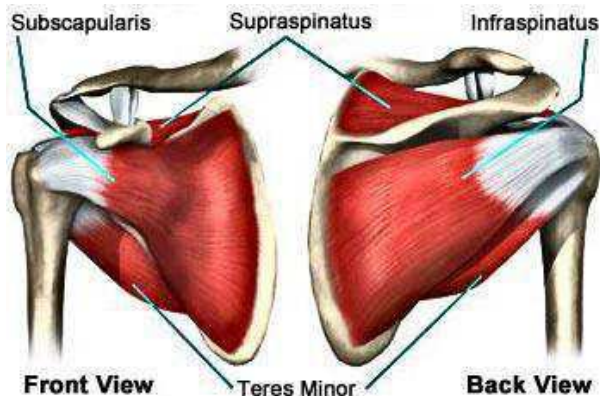


ROTATOR CUFF TEARS

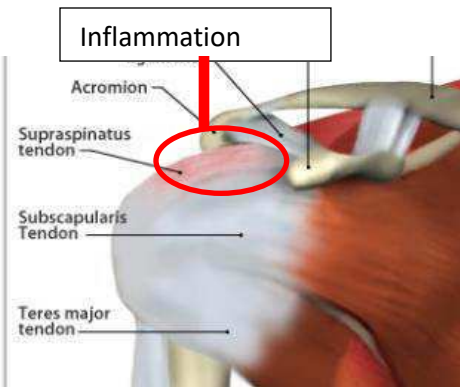
The shoulder is a “ball and socket” joint. The “ball” is at the top of the arm bone (humerus) and it fits into a “socket” called the glenoid, which is part of the shoulder blade (Scapula)



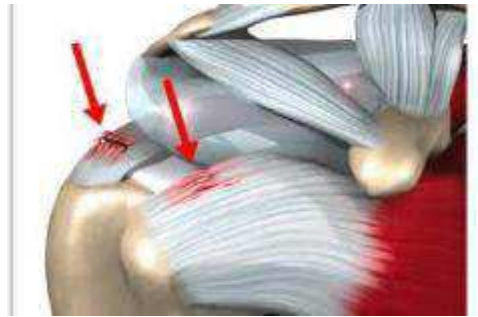
The Rotator cuff is the group of 4 tendons in the shoulder that provide support and helps with range of motion at the shoulder.



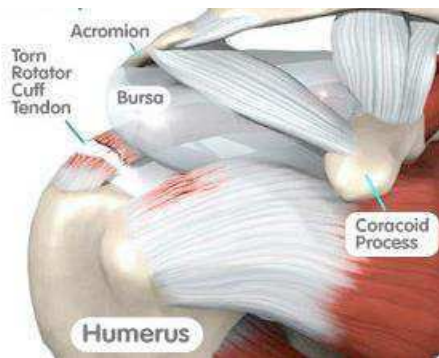
Injuries to these tendons may result in a tear and the condition is called as rotator cuff tear. Rotator cuff tears most commonly occur with repeated use of arm for over-head activities. Severe trauma (fall, car accident) can be another cause of rotator cuff tears. Rotator cuff tears can cause severe pain, weakness of the arm, and crackling sensation on moving shoulder in certain positions. There may be stiffness, swelling, loss of movements, and tenderness in the front of the shoulder. The tendon can be inflamed, partially torn, or completely torn.



TENDONITIS



PARTIAL TEAR



COMPLETE TEAR

SYMPTOMS

- Pain at night is the most common complaint
- Pain with overhead activity – pain may be gradual in onset or acute after an injury
- There also may be stiffness, tenderness, and weakness

DIAGNOSIS

A good physical exam is the first key to diagnosing a rotator cuff tear or another shoulder injury. X-rays, other tests (MRI or ultrasound) may also be needed to diagnose the tear.

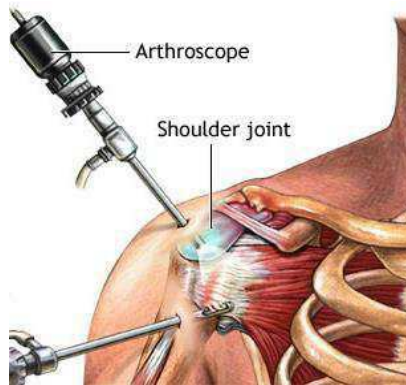
TREATMENT

NON SURGICAL

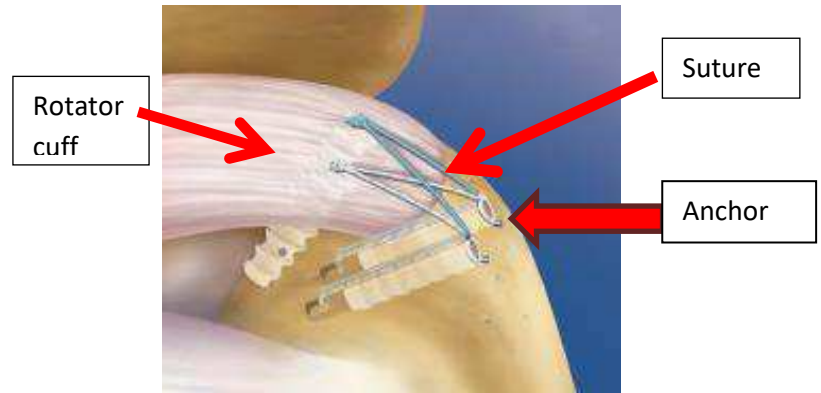
Most rotator cuff problems can be treated without surgery. Relief may be obtained with treatments including - rest, anti-inflammatories (Ibuprofen, motrin, aleve), steroidal injections, and physical therapy. However, surgery may be required to fix the tendon back to the shoulder bone if non-surgical treatments do not relieve the pain.

SURGERY

Rotator cuff repair may be performed by open surgery or arthroscopic (small poke holes and camera) procedure. Most tears can be fixed with arthroscopy. In arthroscopy, small incisions are made. An arthroscope (camera) is placed inside the shoulder and fluid is pumped into the shoulder with expands the shoulder giving the surgeon a clear view and room to work. In most cases, the torn tendon is repaired back to the bone using stitches and anchors (that go into the bone and stay there permanently).



SHOULDER ARTHROSCOPY



ROTATOR CUFF REPAIR

COMPLICATIONS can include the following:

1. Infection
2. Re-tear of the rotator cuff
3. The inability to fully repair the tendon
4. Stiffness
5. Continued pain
6. Fracture of either the humerus (arm) or the glenoid (socket)
7. Nerve injury

This is an outpatient surgery, therefore you will go home the same day as surgery. The surgery usually takes 1 – 2 hours. With this type of surgery, outcomes are dependent on soft tissue healing.