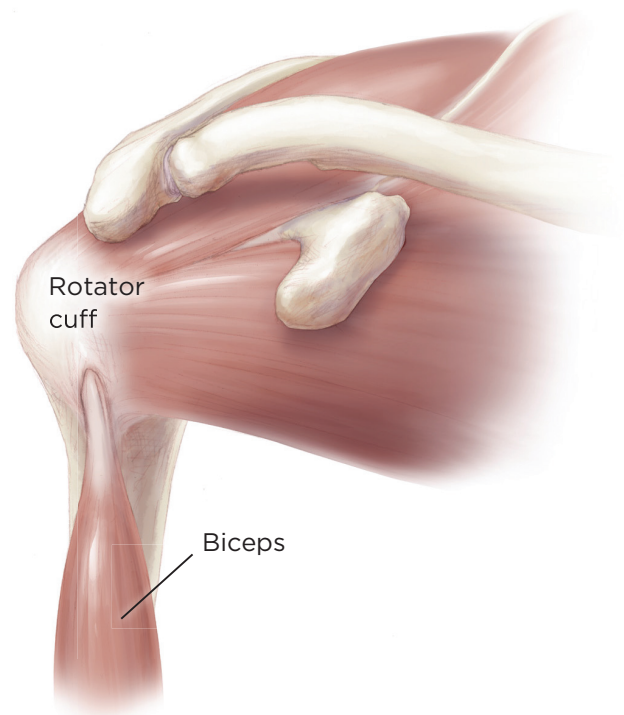
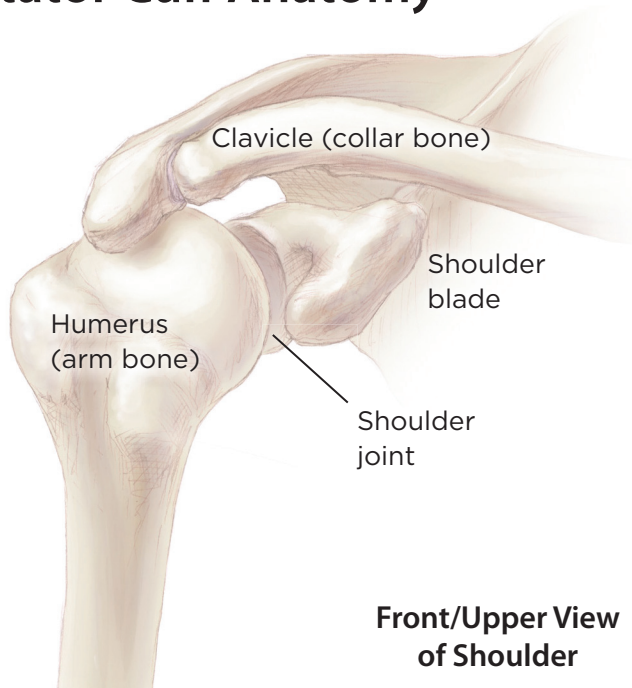


Rotator Cuff Surgery



The **Rotator Cuff** is a group of muscles and tendons that hold the arm bone (humerus) to the shoulder joint.

Rotator Cuff Anatomy

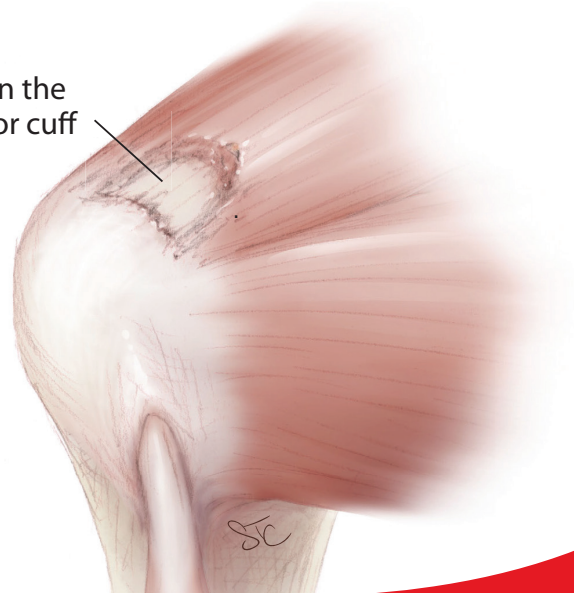


Rotator Cuff Tear

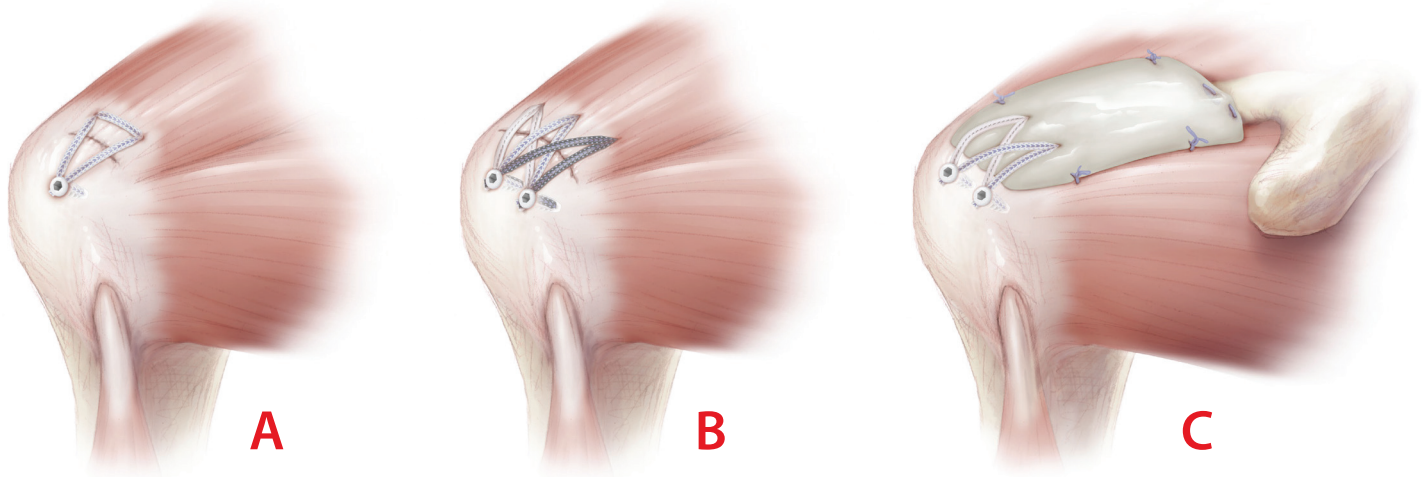
Tears may occur with repeated use (such as jobs with overhead arm motion) or with age, or as a result of a traumatic injury.

Sometimes, conservative treatment such as physical therapy is enough to help symptoms improve. In other cases, however, surgery is necessary.

Tear in the rotator cuff



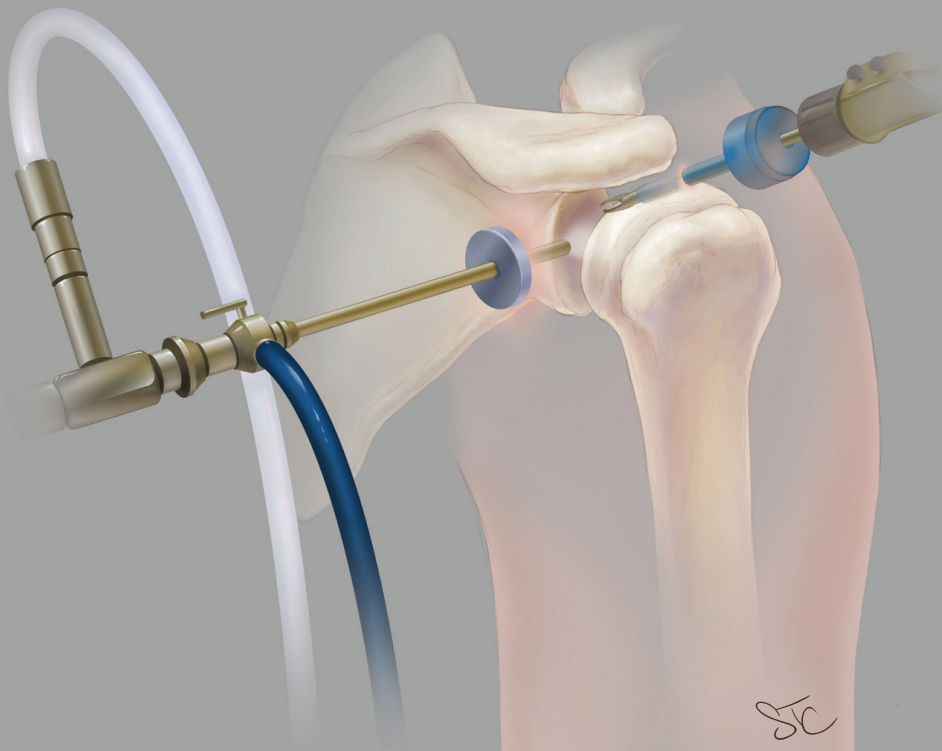
Rotator cuff tears may be repaired in a number of ways, depending on the extent of the injury and individual anatomy. The overall goal is to reattach the tendon to the bone. This is done with a combination of anchors and sutures (A&B) and occasional use of a graft (C).



A

B

C



Arthroscopy

Tears are typically repaired arthroscopically. This is a surgical approach in which small incisions are made rather than a larger, open incision. A small camera and instruments are inserted into the joint through these incisions.

While these tears may be repaired via minimally-invasive approaches, it is imperative to adhere to the post-surgical restrictions and rehabilitation protocol(s) to ensure an optimal long-term outcome.