

## Rehabilitaion

- After surgery, the arm is immobilized in an arm sling pouch.
- The length of immobilization depends upon the severity of the tear and security of the repair/
- Rehab program begins with passive motion and advances to active and resistive exercises.
- Complete recovery ranges from 6 months to 12 months
- A strong commitment to rehabilitation is important to achieve a good surgical outcome. The doctor will examine the progress to advice when it is safe to return to overhead work and sports activity.



**Dr Nikhil Joseph Martin,**  
MBBS, MS Ortho,  
Post Doctoral Fellowship in Arthroscopy  
and Sports Medicine,  
Fellowship in Joint Replacement,  
**Consultant - Orthopedics**

**WE CARE**

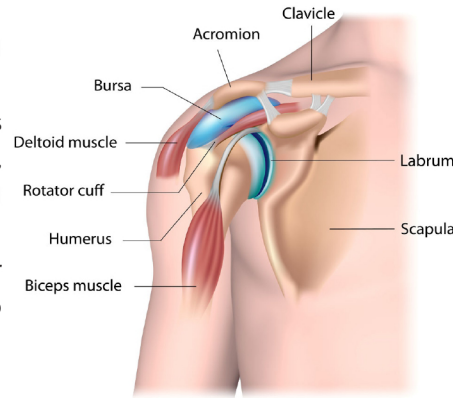


**ROTATOR CUFF DISEASE**

**IN SHORT**

## What is rotator cuff?

- Shoulder joint is a ball (Humerus head) and socket (Glenoid) type of joint.
- Rotator cuff is made up of group of 4 muscles and tendons (Supraspinatus, infraspinatus, teres minor & subscapularis) which surround the firmly within the socket.
- The cuff provides stability to the shoulder while lifting the arm and allow the shoulder to rotate



## What is rotator cuff disease?

Rotator cuff disease is the most common cause of shoulder pain in adults above the age of 40 years

**Strain-** is an injury to a muscle and / or tendon

**Sprain-** is a stretch and/or tear of a ligament

Impingement syndrome is when there is not enough space below the acromion for the tendons to pass freely

**Tendonitis** – inflamed shoulder tendons

Rotator cuff tear is a tear of one or more tendons of the four rotator cuff muscles that work to stabilize the shoulder when you move your arm. Rotator cuff tears can vary in size.

## Causes

Rotator cuff tendons are subject to stress and wear and have poor blood supply

As we age the tendons are most susceptible to injury.

**Injury:** of a fall down on your outstretched arm or lift something too heavy with jerky motion you could tear your cuff. Can be associated with other injuries like dislocated shoulder or broken humeral head.

**Wear:** wearing down of tendon occurs slowly over time worsened by repetitive overhead motions or excessive activities. Baseball, tennis, and weight lifting are also some sports examples which cause injury.

## Symptoms

- Damage to rotator cuff can significantly impact your activities and quality of life.
- Pain over the shoulder which radiates till the especially when reaching overhead, behind the back or pulling or lifting items
- You may also experience weakness and range of motion

- Sleep is disturbed especially if lying on the affected side as most people are woken up by pain.

## Diagnosis:

Your doctor will make a diagnosis based on history, symptoms, physical examination which includes special clinical test.

Other test which may help your doctor to confirm your diagnosis are:

**X-ray:** First imaging to perform to rule out other associated pathologies

**MRI and Ultrasound:** MRI is the investigation of choice for better visualization of soft tissues like tendon, they help to determine the location, size and extend of tear.

**Goal of treatment is to reduce pain and restore function. Treatment options are planned considering you age, activity level, type and extent of tear and general health.**

## Non-surgical treatment options:

**Rest:** Avoid weight lifting or overhead activities

**NSAIDS:** helps to reduce pain and inflammation.

**Physiotherapy:** Specific exercises to strengthen your shoulder and restore movement.

## Surgical Intervention:

If symptoms do not improve despite medical management surgery is performed which includes arthroscopic double row rotator cuff repair with dissolvable suture anchors.

