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| **SHoulder Arthroscopy****INDICATIONS**: mainly for repair of tear in shoulder muscle and tear in the Labral tear of shoulder.**ROTATOR CUFF TEAR**: there are 4 muscles which attach over the head of humerus. Because of stressful activity and lifting of weights causes repeated minor tears and end up in a major tear which causes this tear **PROBLEM**: Pain and unable to lift shoulder and pain in movements**PROCEDURE**: Arthroscopy is done to repair the tendon.**WHATS DONE INSIDE**: Repair with Anchor suture and threadsAcromioplasty – removal of small bone spur under surface of the bone**EXPECTATIONS**: Usually are high from the patient point of view that pain will disappear immediate after surgery.Pain usually persists even after surgery, over period which will resolve eventually once the tendon reattaches. Procedure is done for repair purpose only and not to relieve the pain.**ISSUE TO THINK**:1. Operative pain at the site usually resolves by 10-15 days.
2. Tendon pain - due to inflammation will be persistent till the healing takes place. It varies from patient to patient some heal early and some take time due to other factors like – diabetes, smoking, medical problems.
3. Stiffness in shoulder- Any small injury to shoulder will lead to stiffness of joint. It is a natural tendency and response of shoulder. Even without surgery or after surgery.
4. Stiffness: will resolve by physiotherapy and regular exercises and advised, hot water fomentation, medications to relieve the stiffness pain. **Resolving time**: 6 months – 18 months depend upon patients healing capacity.

PROCEDURE IN SHORTUnder General anaesthesiaArthroscopy is done thru small stab incisions given on back of the shoulder and in the front.Scope passed and checkedTear in the tendon is identified and exact position is seen in the scopeMini opening made at the site of the tearAnchor screw placed with threads and tendon sutured as depicted |

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