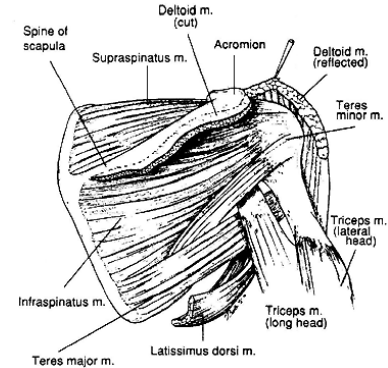


PREOPERATIVE INSTRUCTIONS FOR ROTATOR CUFF REPAIR SURGERY

Anatomy

The shoulder joint is comprised of two bones known as the humerus and scapula. This joint gains much of its stability through 4 muscles called the rotator cuff (supraspinatus, infraspinatus, teres minor, subscapularis). These four muscles assist in stabilizing the shoulder joint especially during overhead activities (ie- baseball, swimming, daily or work activities) but are also vital to everyday positions such as lifting your arm overhead, carrying objects and combing your hair. Injury to the rotator cuff often results in excessive pain along the top of the shoulder and down into the arm especially with active movements. The supraspinatus muscle, the muscle on top of the shoulder is the most commonly injured muscle of the rotator cuff.



Surgical Procedure

The surgical procedure to repair a torn rotator cuff depends on your injury, the degree of injury to the rotator cuff, and any other concomitant procedures that may be required. Two common surgical techniques used to repair the torn rotator cuff tendon involve an arthroscopic procedure and a “mini-open” procedure. The surgery involves going into the shoulder joint to repair the torn muscle. The torn portion is identified, debrided and repaired back to the bone by securing the muscle with sutures. A subacromial decompression is often performed with this surgery to shave the bone on the shoulder called the acromion of any bone spurs that may “impinge” on the healing rotator cuff while giving the rotator cuff more space. Your physician or physical therapist can explain the surgery in detail if there are any further questions.

Immediate Postoperative Instructions

- Arm placed in sling or brace for comfort to protect the repaired rotator cuff
- Ice at home and in therapy 20 minutes several times a day
- Keep wounds clean and dry- cover with waterproof bandages prior to bathing or showering
- Immediately initiate wrist & elbow exercises to prevent joint stiffness-move them often during the day
- Gripping exercises, rope & pulley and pendulums
- Your physical therapist will instruct you on proper shoulder exercises designed for your surgery
- Sutures or staples will be removed 12-14 days following the surgery

Postoperative Precautions

- Do not remove your sling or brace until specified by your physician
- Do not perform excessive movements with your shoulder such as trying to elevate or bring behind your body
- Do not lift objects with your arm.
- **Do follow the instructions set forth in your protocol**

Follow-up with Physician

You will follow up with your doctor in _____ weeks.