



Interactive Shoulder © 2000 Primal Pictures Ltd.

MIS Arthroscopic Rotator Cuff Surgery

Using advanced surgical techniques, most rotator cuff problems can be addressed arthroscopically. The rotator cuff is a series of tendons that over time, with heavy use or injury can actually tear. They generally tear from the attachment site onto the humerus bone. Sometimes they are not actually torn but the tendon is partially torn. Either condition often causes shoulder pain, night pain or pain with use. The goal of surgery is to reduce or eliminate pain, and improve function. Whereas most rotator cuff conditions can be treated in this manner, certainly not all tears are amenable to MIS techniques. The factors used to decide whether or not this is possible include:

- The size of the tear
- The mobility of the tendon tissue
- The quality of the tendon tissue
- The quality of the bone

By keeping the incisions smaller, the recovery from MIS rotator cuff surgery is less painful but not painless. The patients go home the same day as the surgery. They must use a sling for about 4 weeks and need to be careful while the tendon tissue is healing back to the bone. Physical therapy is used to help to restore motion, strength and function. Once recovery is completed, patients may resume any and all activities as tolerated. The risks of surgery using MIS techniques are still present and are no different than those using standard techniques. These would include; infection, stiffness of the shoulder, the risks associated with anesthesia, re-tears of the cuff, and continuation of the pain as before the surgery.

[For additional information on rotator cuff surgery, please click here](#)

Kenneth A. Jurist, M.D., Joseph H. Guettler, M.D.
24255 Thirteen Mile Road, Suite 100
Bingham Farms, MI 48025
248-988-8085 Phone / 248-988-8565 Fax

"At Performance Orthopedics it's all about You at your Peak Performance"
www.performanceorthopedics.com