

## OS16lite Shoulder Surgery (Rotator Cuff)

### Further information

You can get more information about this procedure from [www.aboutmyhealth.org](http://www.aboutmyhealth.org)

You can get information locally from the Senior Nurse at the Horder Centre,  
St John's Road, Crowborough,  
East Sussex, TN6 1XP.  
Tel: 01892 665577  
[info@hordercentre.co.uk](mailto:info@hordercentre.co.uk)

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[www.rcsed.ac.uk](http://www.rcsed.ac.uk)



This document will give you information about shoulder surgery (rotator cuff). If you have any questions, you should ask your GP or other relevant health professional.

### What is the rotator cuff?

The rotator cuff is formed from four muscles and tendons that attach your arm to the top of your shoulder blade (see figure 1). Impingement or a tear are the usual types of damage that can happen to the rotator cuff.

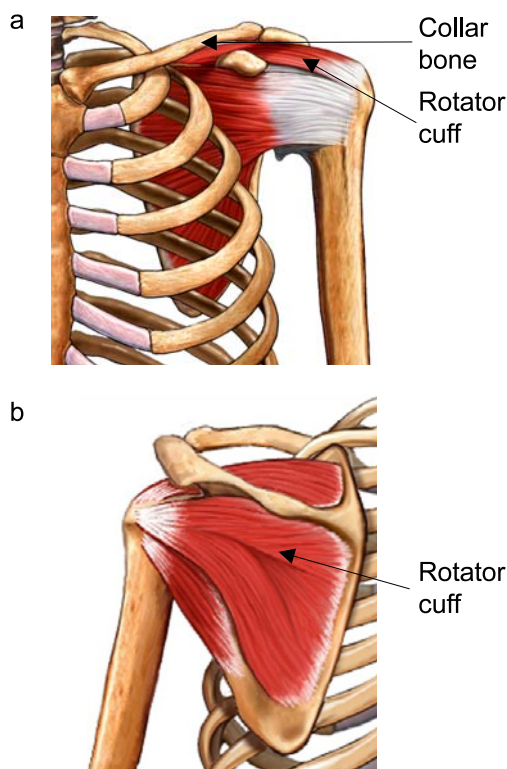


Figure 1

The rotator cuff in a left shoulder

a Viewed from the front

b Viewed from the back

### What are the benefits of surgery?

If the surgery is successful, you should have less pain and be able to use your shoulder more easily.

### Are there any alternatives to surgery?

Most people with impingement or a small tear can get back good function by changing their activities, and with the help of physiotherapy.

Simple painkillers such as paracetamol and anti-inflammatory painkillers such as ibuprofen can also help.

A steroid and local-anaesthetic injection into your shoulder can sometimes reduce pain. If you have a large tear, it is likely that surgery is your only option to get back some strength in your shoulder.

### What does the operation involve?

Impingement is usually treated by arthroscopy ('keyhole' surgery). If you have a large tear, you may need a larger cut. Shoulder surgery is usually performed under a general anaesthetic. However, a variety of anaesthetic techniques are possible. The operation usually takes between three-quarters of an hour and an hour.

Your surgeon will use instruments to remove any thickened tissue, release any tight tissue and to shave off some bone. If you have a large tear, your surgeon will repair the rotator cuff using special stitches that anchor into the bone.

### What complications can happen?

#### 1 General complications

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Unsightly scarring

#### 2 Specific complications

- Bleeding into the shoulder
- Restricted shoulder movement
- Infection in the shoulder
- Blood clot
- Severe pain, stiffness and loss of use of the arm and hand (Complex Regional Pain Syndrome)
- Damage to nerves

### How soon will I recover?

You should be able to go home the same day. Any stitches or clips are usually removed about one to two weeks after the operation.

It can take up to a year to get back enough strength in your shoulder to return to normal activities.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

You are unlikely to get back the same strength that you had before and often symptoms come back with time.

### **Summary**

Rotator-cuff problems can cause pain and weakness in your shoulder. An operation can help to reduce any pain and to get back some strength in your shoulder.

### **Acknowledgements**

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