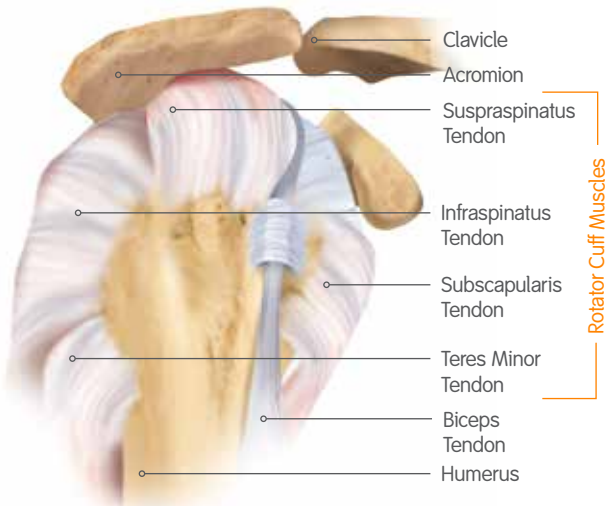


Regain your active lifestyle

Being physically active brings energy, enthusiasm, and balance to your life. Arthroscopic, or minimally invasive, shoulder surgery can help get you back in the game. Using advanced medical technology, your surgeon can assess what's causing your pain and, through arthroscopic surgery, may be able to repair your injury.

Healthy shoulder anatomy



Although many shoulder injuries will heal on their own, certain types of injuries do not heal and require intervention. It is important for an individual with a shoulder injury to seek care and treatment from a qualified shoulder specialist in a timely manner to maximize functional outcome and recovery.

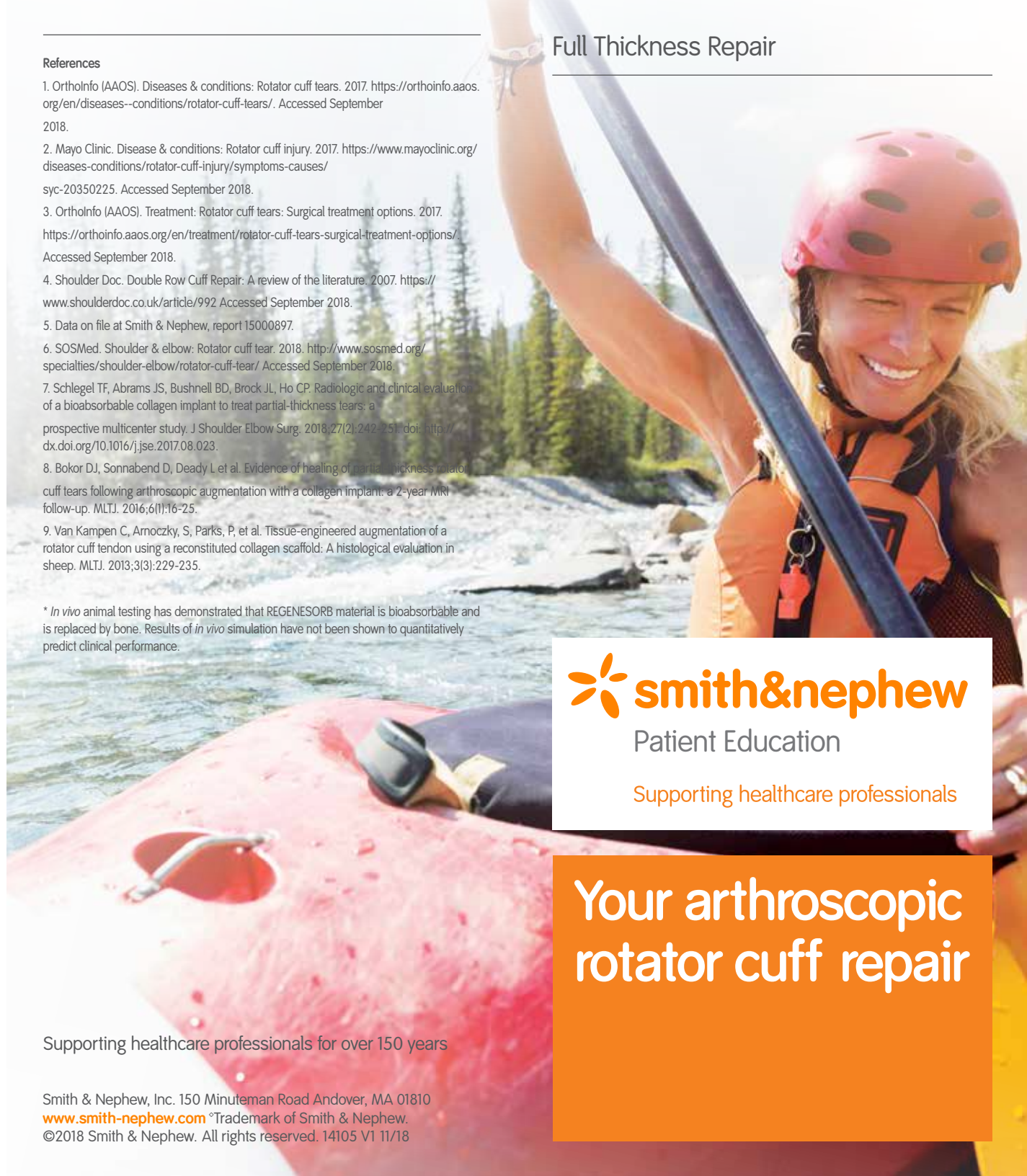
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* *In vivo* animal testing has demonstrated that REGENESORB material is bioabsorbable and is replaced by bone. Results of *in vivo* simulation have not been shown to quantitatively predict clinical performance.

Full Thickness Repair



Patient Education

Supporting healthcare professionals

Your arthroscopic rotator cuff repair

Supporting healthcare professionals for over 150 years

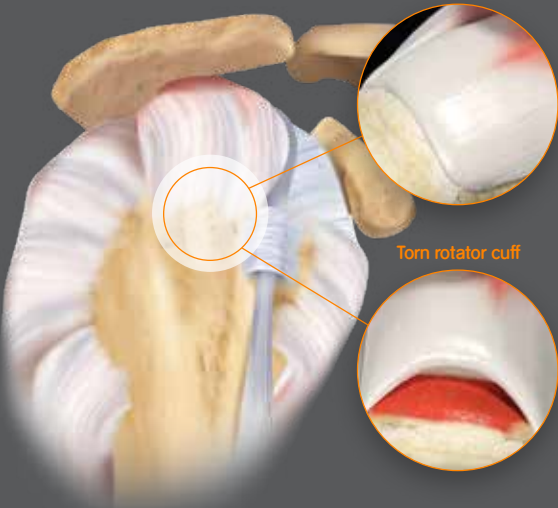
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Rotator cuff tear

The rotator cuff is a group of tendons that keeps the humerus (upper arm bone) in place within a shallow socket. As we age, so does the rotator cuff, and the weakening of the tendons increases the chances of a tear occurring. Those who repeatedly use their hands in the overhead position (e.g. painters, sheetrock workers, and certain athletes) often experience accelerated weakening of the cuff.¹

Healthy rotator cuff

Torn rotator cuff



Full thickness rotator cuff tear: symptoms^{2, 3}

- Pain at rest and at night, particularly if lying on the affected shoulder³
- Pain when lifting and lowering your arm or with specific movements³
- Weakness when lifting or rotating your arm³
- Crepitus or crackling sensation when moving your shoulder in certain positions³

Reasons for arthroscopic shoulder surgery

When a rotator cuff tear begins to interfere with everyday activities, arthroscopic shoulder surgery may be necessary to restore strength, and normal and painless motion. Using minimally invasive arthroscopic techniques, your surgeon can examine all potential tears and will base the method of repair on this inspection. Compared to traditional shoulder surgery, arthroscopic surgery results in smaller scars which may lead to less postoperative pain, and a faster return to the physical activities you love.³

Repair of full thickness rotator cuff tear

To repair a torn rotator cuff, your surgeon may choose one of the following, based on the nature of the tear:

Double-row repair

If you have a larger tear, your surgeon may choose to place one row of suture anchors higher on the humeral head and a second row lower on the humeral head. This technique helps to restore the original shape and size of your rotator cuff, and reattach your rotator cuff tissue to the bone.⁴

In many cases, these anchors are bioabsorbable and are gradually absorbed in the body and replaced by bone over time.



Repair of Full Thickness, Retracted Rotator Cuff Tear Double Row Repair

Because muscles are under tension, when a tendon is torn on one end, it can retract or pull back towards the opposite side. If left untreated, the muscle may be infiltrated by fatty and scar tissue, making it more difficult or impossible to repair the tear.⁶

Depending on your situation, the surgeon may use a combination of bioabsorbable anchors and a bioinductive implant to biologically improve healing and support new tendon growth.

Bioinductive implant

This proprietary implant from Smith & Nephew stimulates the body's natural healing response to support new tendon growth and disrupt disease progression.^{7,8}



The REGENETEN® Bioinductive Implant gradually absorbs within 6 months and leaves a layer of new, tendon-like tissue to biologically augment the existing tendon.⁹

Postoperative care

After surgery, you will be transported to the recovery room for close observation of your vital signs and circulation. You may remain in the recovery room for a few hours. When you leave the hospital, your arm will be in a sling. The sling should be worn for the amount of time recommended by your physician.

Rehabilitation

Steps for rehabilitation following surgery vary from physician to physician. To learn what activities will be involved in your own rehabilitation, consult your doctor.