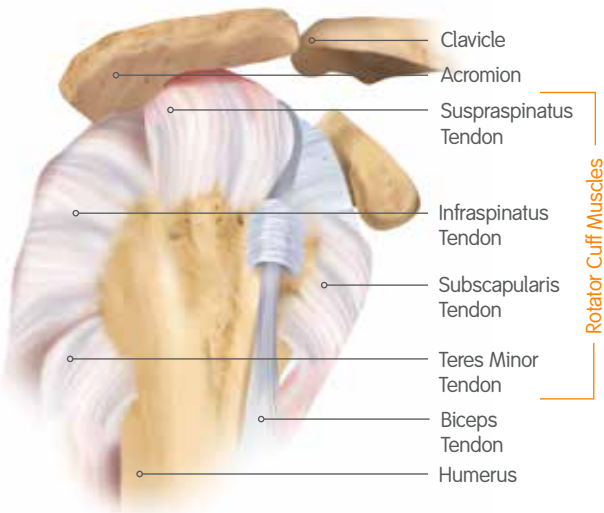


Regain your active lifestyle

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



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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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Partial Thickness Repair



Patient Education

Supporting healthcare professionals

Your arthroscopic rotator cuff repair

Supporting healthcare professionals for over 150 years

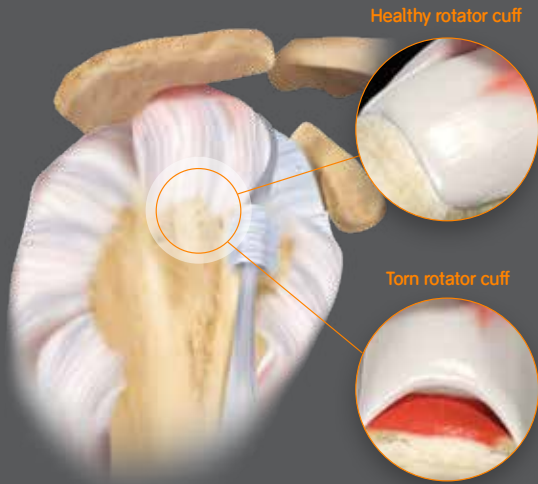
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** Rotation Medical

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



Partial thickness rotator cuff tear: symptoms^{1, 2}

- Pain at rest and at night, particularly if lying on the affected shoulder¹
- Pain when lifting and lowering your arm or with specific movements¹
- Weakness when lifting or rotating your arm¹
- Crepitus or crackling sensation when moving your shoulder in certain positions¹

Reasons for arthroscopic shoulder surgery

When a rotator cuff tear begins to interfere with everyday activities, arthroscopic shoulder surgery may be necessary. 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.¹

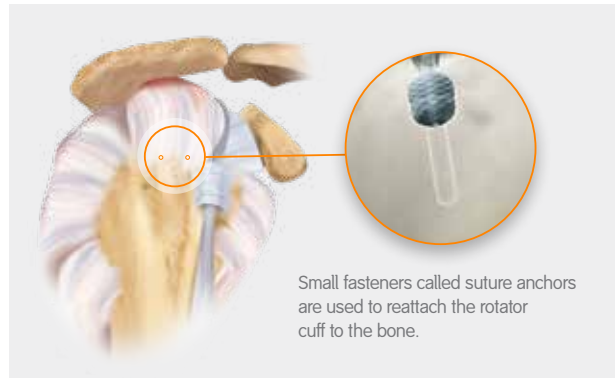
Repair of partial thickness rotator cuff tear

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

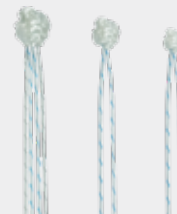
Transtendon approach

Transtendon repair of partial, articular supraspinatus tendon avulsions (PASTA)

The torn rotator cuff tendon can be reattached to the bone using tiny devices called suture anchors, which are designed to attach tissue to bone. Their small size allows your surgeon to place them through a small incision. Sutures that are attached to the anchor are threaded through the tissue of the rotator cuff and tied down against the bone to make the repair.



Recent advancements have led to small, "soft" anchors such as the Q-FIX® All-Suture Anchor* from Smith & Nephew, which minimizes bone removal because of its small diameter



Bioinductive implant

In this procedure, your surgeon may choose to place a bioinductive implant over your rotator cuff tear to biologically improve healing and support new tendon growth. This proprietary implant from Smith & Nephew stimulates the body's natural healing response to support new tendon growth and disrupt disease progression.^{4, 5}



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

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.