

# PAIN FREE, STABLE SHOULDER JOINTS - ARHTROSCOPIC PROCEDURES & REHABILITATION

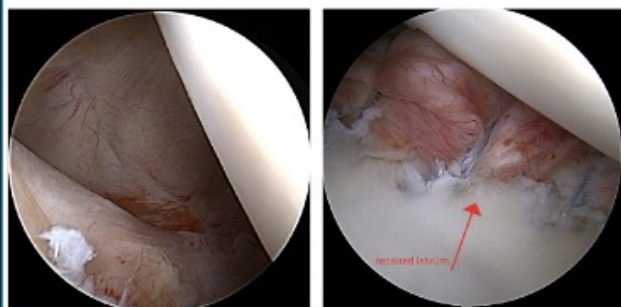
In our day to day life, most of us do encounter Shoulder Problems such as persistent pain, decreased/restricted movements. Frozen Shoulder, Instability dislocations & Arthritis, which hinder our life style & activities of daily living.

Shoulder joint is formed by the articulation of the glenoid & the humerus Head, Stabilised by the rim of labrum & group of muscles which help in stabilisation & movement in different planes & direction.

## Instability & Recurrent Dislocations

The labrum which reinforces/stabilises the Shoulder, may be torn in Bankart's & Slap lesions. In Bankart's the tear is in the lower part & Slap in the top part of the Shoulder Joint.

In Instability, either the injury to the labrum can be at the top (superior) - SLAP or towards the bottom (BANKART) - More common, because of the injury the stability of the Shoulder is lost & becomes more prone for dislocation. Thus the portion



of the injury/tear has to be reconstructed using the Suture Anchors & has to be stabilised for the better functionality.

## Impingement Syndrome / Stiffness - Frozen Shoulder

It can be due to inflammatory response, post trauma, our bony spur, which causes pain & severe restricted movements. Even the Activities of Daily Living are hindered combing -bathing etc. Most commonly seen in Diabetics.



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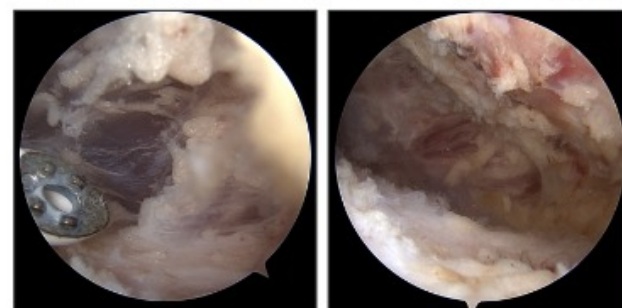
In Impingement, the inflammatory tissue & adhesions are debrided and a free space is created for the better, pain free movement of the Shoulder.

Using a burr bony spurs (overgrowth) & Joint decompression will be done

## Rotator Cuff

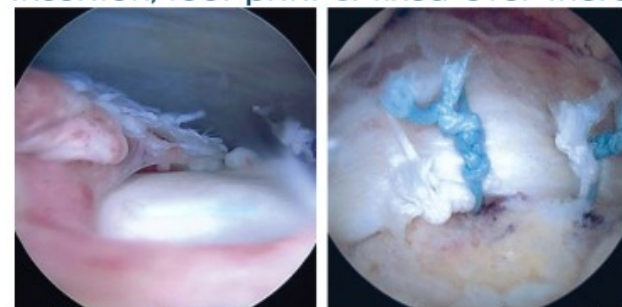
### Tear

Rotator cuff is a group of muscles & their tendons form a cuff over



Shoulder Joint. They hold the Joint & help in the movement in different directions. They are torn due to over use or Trauma.

In Rotator Cuff Tears, the chronic torn part will be debrided & the torn part of the tendon is pulled back to its insertion/foot print & fixed over there



with the Suture Anchors - which can be bioabsorbable or Metallic (Titanium), will be followed by the rehab protocol for the strengthening of the group of muscles

Chronic retraction of rotator cuff tear require speed bridge technique with medial and lateral rows which help in fast recovery

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