



Dr. Dhrumil M. Patel (M.S.Ortho)

SPORTS MEDICINE – ARTHROSCOPY,
JOINT REPLACEMENT SURGEON

FELLOW :

SPORTS MEDICINE (SARASOTA, U.S.A.)

SHOULDER JOINT (U.S.A. & PUNE –DMH)

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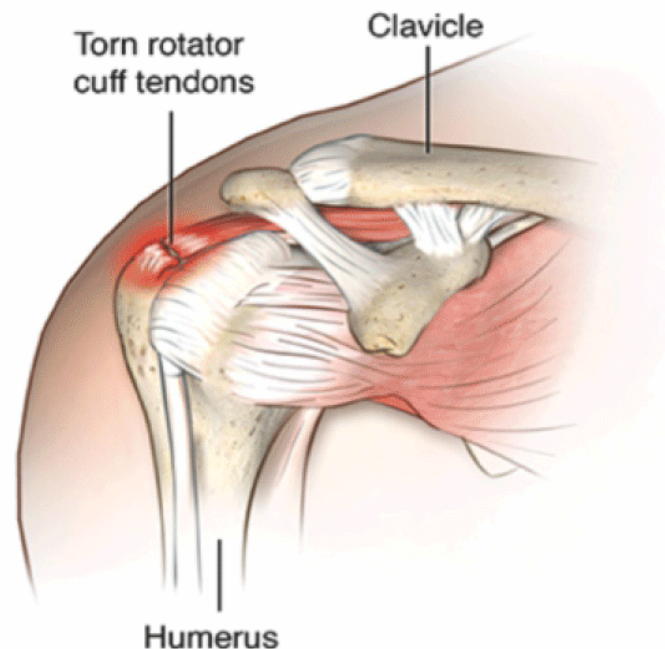
FOOT & ANKLE JOINT (LONDON, U.K.)



ROTATOR CUFF TEAR

Rotator Cuff Tear

- A common cause of pain and disability among adults.
- Causes weakness in your shoulder, there is difficulty in performing daily activities like combing your hair or getting dressed.



Torn rotator cuff

Importance Of Rotator Cuff

- It is a group of 4 muscles that come together as tendons to form a covering around the head of the humerus.
- It helps to lift the arm and to rotate it.
- When the rotator cuff tear occurs, sub acromial bursa gets inflamed and painful.

Rotator Cuff Tear Information

- IT DOES NOT HEAL ON ITS OWN.
- It becomes detached from the bone & it retracts further away with time.
- Most of the times, it is a degenerative process (deteriorates with aging);
- 30% of the patients with cuff tear on one side, also have a cuff tear on the other side.



ROTATOR CUFF TEAR

Types Of Cuff Tear

- PARTIAL
- COMPLETE

Risk Factors

- Age > 40yrs
- Repeated heavy weight lifting athletes

Symptoms

- Pain at rest and at night
- Inability to sleep on affected shoulder
- Pain and weakness with lifting



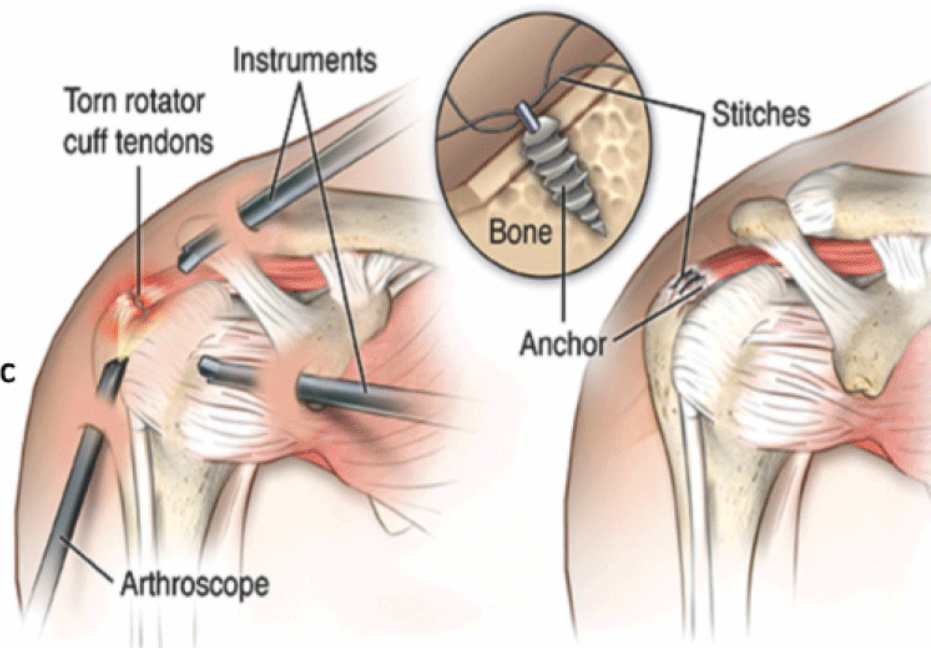
Imaging Tests

- X RAY, USG, MRI

Treatment

- **Partial tear**
 - Daily activity modification
 - NSAIDs
 - Shoulder rehab
 - Injections – local HC, PRP, Synvisc
- **Full thickness tear**
 - Arthroscope cuff repair
 - Open cuff repair
- **Irreparable cuff tear**
 - Reverse shoulder replacement

Rotator cuff repair



NAVRANG HOSPITAL

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FOR APPOINTMENT 98796 17609

FOR EMERGENCY 96876 17608

Mediclaim Cashless facilities available.

C.B.D.T. approved Hospital {Income Tax-1961-17(2)(B)}

For Mediclaim Filing :

Tuesday to Friday (1.00 p.m. to 5.00 p.m.)

EMERGENCY SERVICES 24 HOURS

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OPD Timing :

Morning: 11-00 to 2-00, Evening: 5-00 to 7-00,
Saturday Evening & Sunday O.P.D Closed.