



### What is tendonitis?

Deep in the shoulder are a group of tendons and muscles called the rotator cuff. They help stabilize the upper arm bone in the shoulder joint and rotate the arm. The biceps tendon is located in front of the shoulder. When the arm is raised repeatedly over the head, the tendons rub against the underside of the shoulder bone and become irritated. The tendons swell, leaving even less space between tendons and bone, creating more irritation. It is much like a rope being drawn again and again across a craggy rock.

### What is an irritated rotator cuff?



Excessive wear on the rotator cuff can lead to severe irritation, roughening and eventually ulceration and tearing of the cuff. An irritated rotator cuff is felt as arm weakness and a clicking or popping in the shoulder from a ragged piece

of the cuff sliding under the shoulder bone. Occasionally, injuries or infections can all lead to arthritis, although arthritis of the shoulder is less common than in the knee or hip. Arthritis in the shoulder causes a roughening of the joint from worn cartilage and loose fragments of bone.

### What is bursitis?

The bursa is a fluid-filled sac that cushions the rotator cuff tendons from the shoulder bone. An irritated bursa is caused by an inflamed rotator cuff. When irritated, the bursa produces extra fluid, the sac expands and the pressure creates pain.

### Do you have questions about shoulder pain?



Our hospitals sponsor FREE seminars about shoulder pain. You will learn what causes the pain and hear about many of the latest treatments. There's also tips on diet, exercise and medication. Contact us at (504) 897-7103 for the time and location of our next seminar.



Orthopaedic and Spine Center



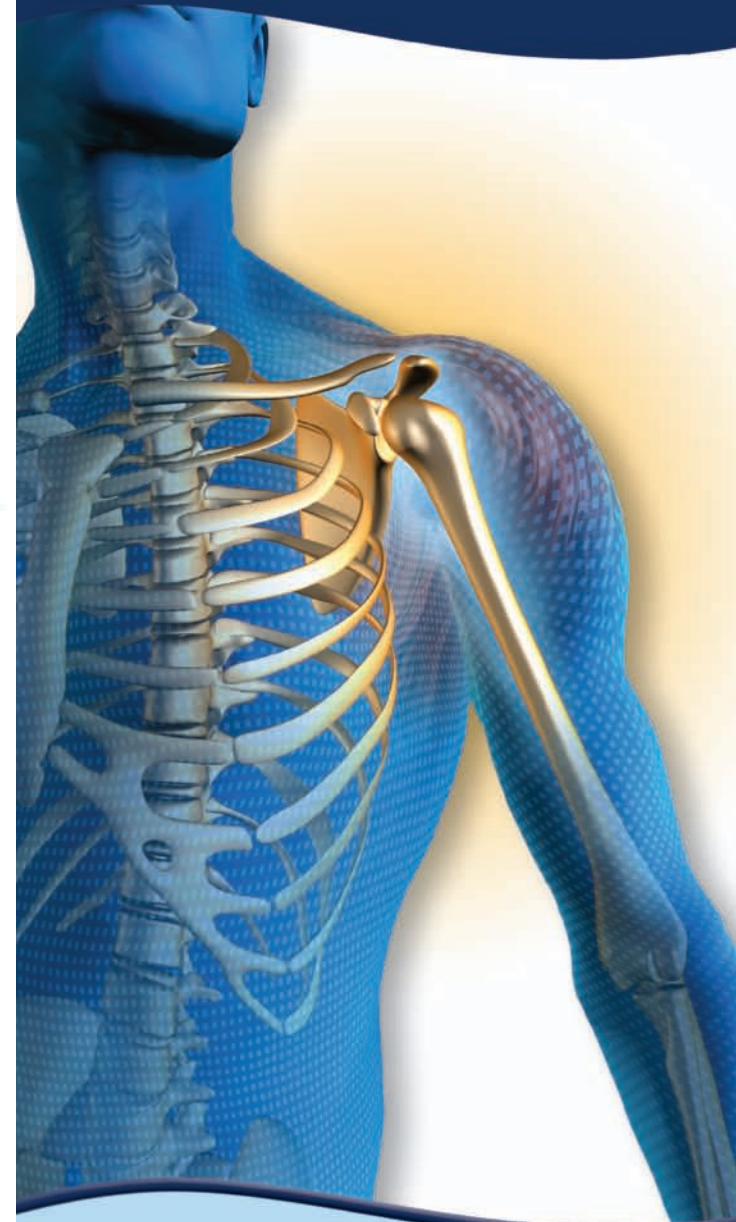
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# Understanding Shoulder Problems



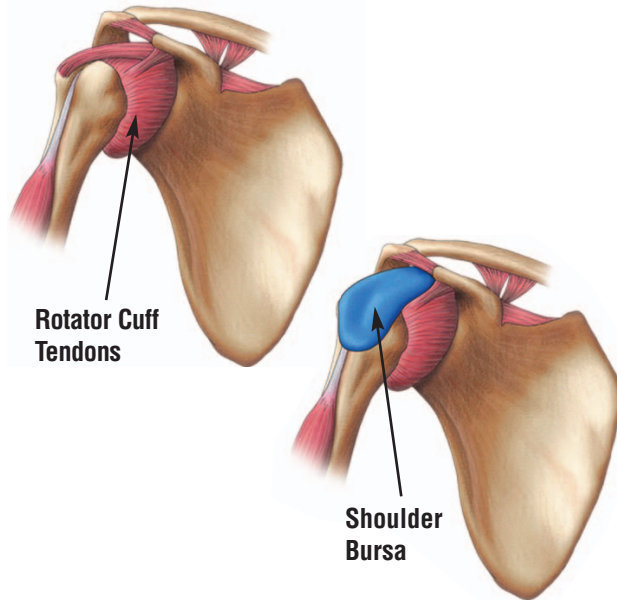
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## Who gets shoulder problems?

The shoulder is the most movable and the most fragile joint in the body. But the very flexibility of the shoulder makes it prone to both sudden injury and chronic wear.

After age 40, many problems are caused by the effect of repeated overhead motions for a long period of time. Weekend athletes and do-it-yourselfers are especially vulnerable to overuse problems in the shoulder. The leading causes of shoulder pain are bursitis, tendonitis and irritated rotator cuff. This group of conditions is called shoulder impingement syndrome.



## What are the symptoms?

Bursitis, tendonitis, irritated rotator cuff and arthritis are all inflammatory reactions to overuse. With any of these problems, a continuous dull ache in the shoulder can become a sharp pain when you try to move your arm, especially over your head. The pain may be worse at night after a heavy day of activities using your shoulder.

## How can therapy help?

After the pain and inflammation are under control, exercise, ice, heat, electrical stimulation, ultrasound and massage are used to help you regain motion.

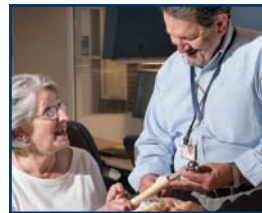
## When is surgery helpful?

Thanks to recent advances in arthroscopy, many shoulder problems can be corrected using the same techniques that revolutionized the treatment of knee problems. Arthroscopy requires just a few small incisions, and is often done as an outpatient procedure. This procedure allows the surgeons to see and work inside the shoulder joint. Problems that can be treated through arthroscopy include:

- Impingement syndrome
- Torn cartilage
- Irritated rotator cuff
- Unstable joint

In some cases, however, if the rotator cuff is severely damaged and leads to arthritis, an option for pain-free motion may be a shoulder replacement. Some surgical procedures require you to be hospitalized for a number of days.

Many cases of osteoarthritis require replacement of the ball (humeral head) with a metal implant and resurfacing of the socket (glenoid) with a plastic component.



Touro offers a unique procedure/surgery called the reverse shoulder arthroplasty used to repair severe rotator cuff tears and severe arthritis. In this procedure, a metal ball is placed on the socket side and the ball of the arm is converted into a socket.

## What kind of anesthesia is used?

For maximum comfort, general anesthesia is preferred. Regional anesthesia is an option for some patients. Your surgeon will discuss which type is appropriate for you.

## Where is arthroscopy performed?

Shoulder arthroscopies can often be done as outpatient procedures, either in an outpatient surgery facility or a hospital. For most joints, the average arthroscopic procedure takes less than one hour. Recovery time can range from one week to a number of months, depending on the extent of the procedure.

## What is the treatment for shoulder impingement?

**Rest** — Avoid strenuous activity and motion that causes pain. A shoulder sling can be helpful to rest fatigued muscles and inflamed tendons.

**Ice and Heat** — Putting ice on your shoulder for 15 to 20 minutes at a time may help reduce inflammation and pain. After about two to three days, when the pain and inflammation have improved, hot packs or heating pads may help relax tightened and sore muscles. Limit heat applications to 20 minutes.

**Oral Medicines** — Anti-inflammatory medicines such as Motrin®, Feldene®, Voltaren®, Naprosyn®, or aspirin may help reduce inflammation.

**Cortisone Injections** — Cortisone is a natural hormone and a very powerful medicine for inflammation. When injected directly into the inflamed area, it can be very effective in decreasing swelling and inflammation that causes pain.



**Exercise** — Rotator cuff injuries can sometimes be treated with exercise therapy. A doctor or physical therapist can design an exercise program that may help heal your injury and improve the flexibility of your rotator cuff.