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What is arthroscopic rotator cuff repair?

Arthroscopic rotator cuff repair is a minimally invasive surgical procedure used to repair a torn rotator cuff tendon in the shoulder joint. It involves using a small camera (arthroscope) and specialized instruments inserted through tiny incisions to visualize and repair the damaged tendon.

How do I know if I need arthroscopic rotator cuff repair surgery?

You may need arthroscopic rotator cuff repair surgery if you have a significant rotator cuff tear that causes persistent pain, weakness, and limited shoulder function.

What are the advantages of arthroscopic rotator cuff repair over open surgery?

Arthroscopic rotator cuff repair offers several advantages over traditional open surgery, including smaller incisions, reduced post-operative pain, faster recovery, less scarring, and potentially lower risk of complications such as infection and stiffness.

What is the recovery time after arthroscopic rotator cuff repair surgery?

The recovery time after arthroscopic rotator cuff repair surgery varies depending on the size of the tear, the quality of the tendon tissue, and individual factors such as age and overall health. Generally, it takes several months to regain full shoulder strength and function. You will be in a sling for 2 to 3 weeks and Rehabilitation will start thereafter. You can expect a good range of movement in 6 weeks but complete recovery may take 3 to 6 months.

Will I need physical therapy after arthroscopic rotator cuff repair surgery?

Yes, physical therapy is an essential component of the recovery process after arthroscopic rotator cuff repair surgery. A structured rehabilitation program helps improve shoulder mobility, strength, and function, and reduces the risk of complications such as stiffness and re-tears.

What are the potential risks and complications of arthroscopic rotator cuff repair surgery?

Risks and complications of arthroscopic rotator cuff repair surgery may include infection, stiffness, weakness, nerve injury, re-tears, and failure of the repair to heal properly. Your surgeon will discuss these risks with you before the procedure.

When can I return to normal activities after arthroscopic rotator cuff repair surgery?

The timing of returning to normal activities varies for each patient and depends on the extent of the tear, the success of the repair, and individual recovery progress. Your surgeon will provide specific guidelines regarding activity restrictions and gradual return to activities.

What can I do to optimize the success of arthroscopic rotator cuff repair surgery?

To optimize the success of arthroscopic rotator cuff repair surgery, it's essential to adhere to your surgeon's post-operative instructions, attend all scheduled follow-up appointments, complete physical therapy as prescribed, avoid overexertion or lifting heavy objects, and maintain a healthy lifestyle.

What type of implants are used in this surgery?

The number of implants used in rotator cuff repair vary based on tear size, location, and surgeon's preference. Common types include: Suture Anchors, Bio-absorbable Anchors & Metal Anchors:



**ROTATOR CUFF
REPAIR**



**ROTATOR CUFF
TEAR**



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