

# Rotator Cuff Repair (Arthroscopic)

Arthroscopic rotator cuff repair can ease pain and restore strength and motion in your injured shoulder. Your shoulder joint is made up of your upper arm bone, or humerus; your shoulder blade, or scapula; and your collarbone, or clavicle. The muscles and tendons that help hold your shoulder joint together make up your rotator cuff.

To repair a tear in your rotator cuff, you will first be given anesthesia. This medicine will help you relax and not feel pain. You may fall asleep.

Your surgeon will then make a few small incisions, or cuts, in your shoulder. Into these cuts, they will insert a camera and other tools. The camera, or arthroscope, is a thin tube with a light attached. It lets your surgeon see inside your shoulder.

Using the tools, your surgeon will put small screws, or anchors, with threads attached into the ball of your upper arm bone. The threads are passed through the tendon... pulled down... and attached to the bone with more anchors. This joins the tendon to the bone, repairing your rotator cuff.

After surgery, your care team will put together an exercise rehab plan to help you fully recover.