

# Rotator Cuff Surgery

The goal of surgery to repair a rotator cuff is to improve strength and movement in your shoulder ...

and also to relieve pain.

Many people feel nervous or worried before having the surgery.

And they may wonder what to expect.

Here's some information that can help.

The shoulder is a ball-and-socket joint.

The rotator cuff is made up of four tendons that go into the ball ...

one in front, one on top, and two in back ...

and they blend together to look like the cuff of a shirt sleeve.

The tendons connect muscle to bone, and a tear is usually in the place where a tendon goes into the bone.

The tear can cause pain and weakness, and it can limit your shoulder movement.

So you may need surgery to fix it.

Before surgery, you'll get medicine to make you sleep and to control your pain.

During surgery, the doctor will remove loose pieces of tissue and shave the bone to smooth it out or to make more space for the damaged tendons.

The doctor then stitches the tendons back to the bone.

The surgery takes less than 2 hours.

After surgery, you will wake up with a sling on your arm.

You can probably go home on the day of the surgery ... and you'll need someone to drive you.

Having surgery can be a little stressful.

But knowing what to expect can help.

And remember, you can always call your care provider if you have questions or concerns.