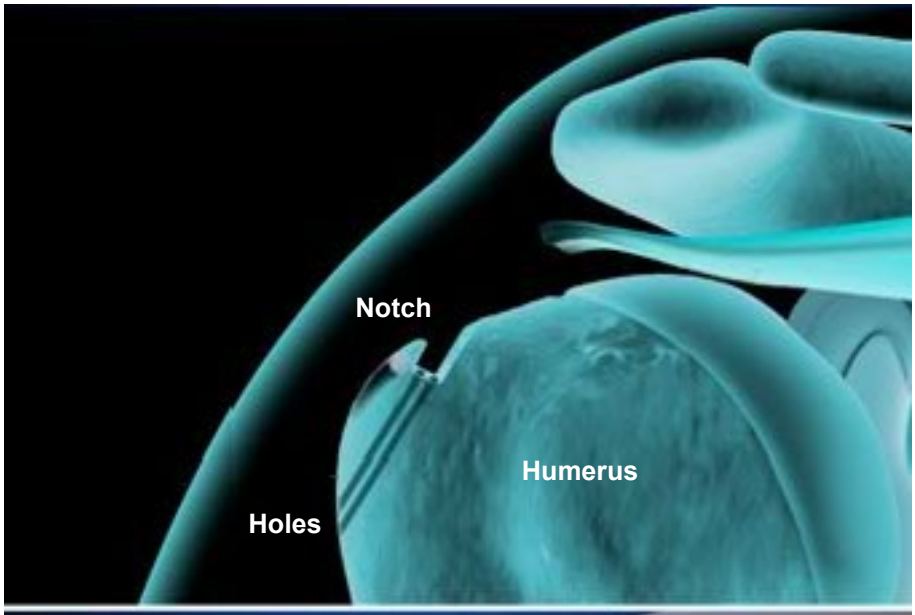
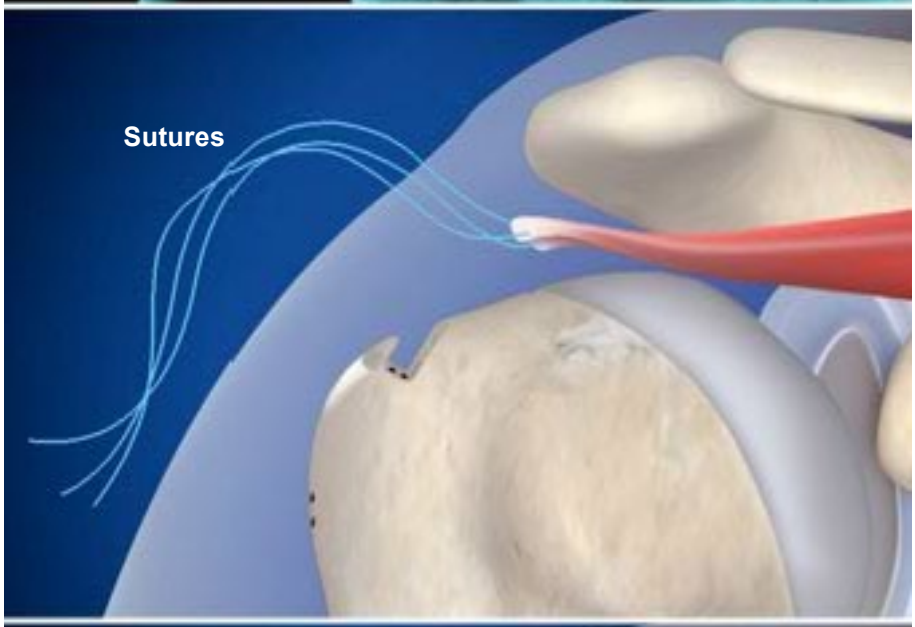
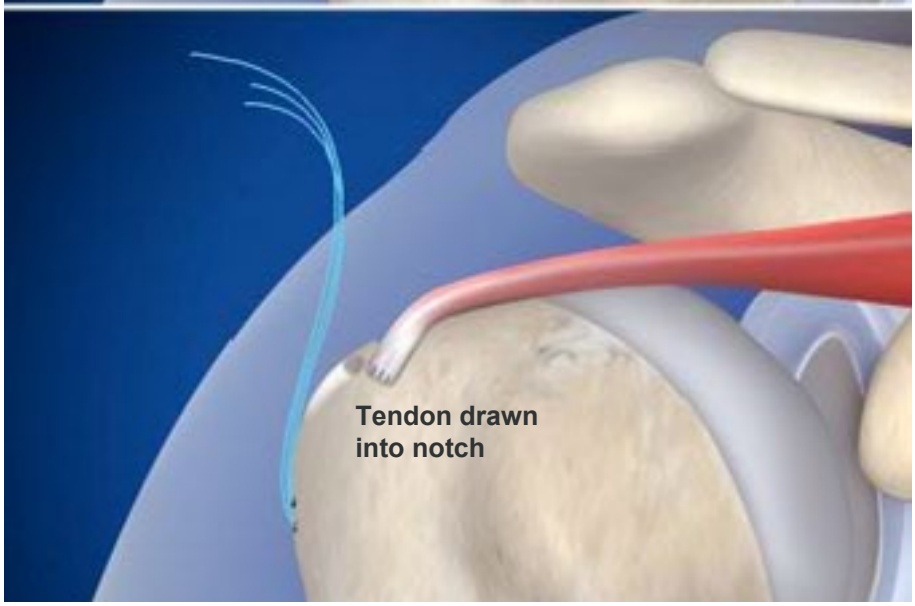
Rotator Cuff Repair (Mini-Open, Supraspinatus Tendon-to-Bone Insertion)







Overview
This surgical procedure is used to repair a torn supraspinatus tendon, one of the tendons that forms the rotator cuff of the shoulder. During this procedure, the tendon is reattached firmly to the head of the humerus.

Preparation
In preparation for the procedure, anesthesia is administered and the surgeon may insert one or more arthroscopic instruments to inspect the joint and clear away any loose fragments of tendon or other debris. Then, the surgeon creates a small incision in the shoulder to access the torn tendon.

Humerus Notch Created
The surgeon creates a notch in the humerus at the point where the tendon tore away. The surgeon creates a series of small holes that pass from the notch to the other side of the humerus.

Reattaching the Tendon
A series of sutures are placed through the torn end of the supraspinatus tendon. The sutures are fed through the holes in the humerus and pulled tight, drawing the tendon into the notch. Embedding the tendon deeply within this notch creates a stable and strong attachment. The notch will also allow for good blood circulation as the tendon heals.

Tendon Anchored
The surgeon secures the tendon by placing one or more surgical screws in the humerus, anchoring the sutures to the bone. The type of screws used (and their arrangement) may vary depending on the patient's need and the surgeon's preference.

End of Procedure and Aftercare
When the procedure is complete, the incision is closed and the arm is placed in a sling. Physical therapy will be needed to regain full range of motion and increase shoulder strength. Over time, the tendon will reattach to the humerus.