

## **We specialize in :**

- All Arthroscopic Shoulder/  
Rotator Cuff Surgery
- Arthroscopic Surgery for  
Recurrent Shoulder Dislocation
- Arthroscopic Knee Surgery  
(ACL Reconstruction and  
Meniscal/Cartilage Repair)
- Partial Knee Resurfacing
- Minimally Invasive Hip and  
Knee Replacement
- Arthritis and Fracture of the  
Hand and Upper Extremity
- Carpal Tunnel Syndrome and  
Trigger Fingers

### **Disclaimer**

*\*This is guide is for informational purposes only and is not intended as a guide to self treatment. Seek the advice of a qualified physician before initiating any treatment on your own.*



## **Highland Center For Orthopaedics**



**Brian M. Jurbala, MD**

*Board Certified by the American Board of  
Orthopaedic Surgery*

*Certificate of Added Qualification in  
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## **Highland Center for Orthopaedics**

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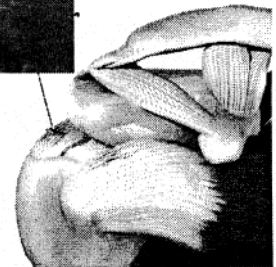
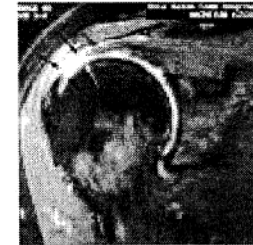
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## **Shoulder Pain/ Rotator Cuff Tear**

*Do you have shoulder pain/  
weakness with overhead  
reach or when you sleep on  
the involved side?*



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# Rotator Cuff

Shoulder pain due to the rotator cuff disease is a common problem. The shoulder is a ball and (shallow) socket joint covered by the rotator cuff. The rotator cuff is made up of four tendons/muscles that rotate the arm above the head Figure 1 and 2.

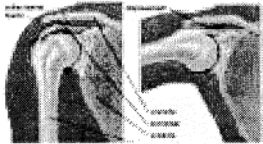


Figure 1 : Ball and shallow socket.

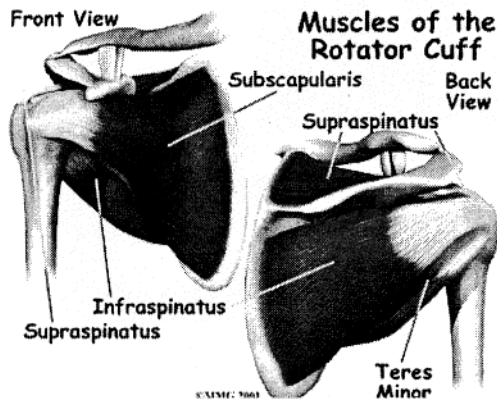


Figure 2: Muscles of the rotator cuff

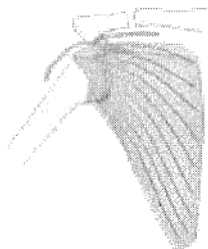


Figure 3: Acromium bone rubbing on rotator cuff

With activity or a fall the tendon that inserts into the ball can rub against the bone above it (called the acromium and form a spur making less space for the tendons. This causes inflammation, pain, and, in the worst case, can even lead to a tear in the cuff.

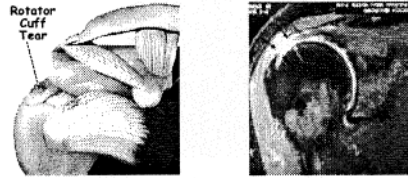
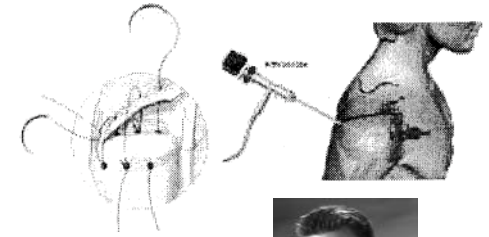


Figure 4: Rotator Cuff Tear/ MRI of cuff tear

## Treatment

Initial treatment centers on strengthening exercises for the rotator cuff combined with anti-inflammatory medication. If this doesn't work a cortisone injection may help. When these measures fail, we usually recommend an MRI exam and if this shows a cuff tear surgery is usually recommended. Surgery involves suturing the torn tendon back down to the ball. It can be done through a big skin incision (open) or through tiny puncture wounds using a video camera (arthroscopically) Figure 5. Arthroscopic repair is less painful and leads to less scarring postoperatively.

Figure 5: Rotaor cuff Repair/Arthroscopy



## About the author:

Dr. Jurbala is a Fellowship Trained/  
**Board Certified Orthopaedic Surgeon** specializing in Hand and Upper Extremity Surgery, Arthroscopic and minimally invasive surgery of the Knee/Shoulder and **Joint Replacement**. He holds privileges at Winter Haven Hospital and The Day Surgery Center in Winter Haven. Dr. Jurbala also served as President of the Polk County Medical Association for 2009 and is the President and founder of Highland Center for Orthopaedics.



## Highland Center For Orthopaedics

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