



Arthroscopic Greater Tuberosity Repair

What is the Greater Tuberosity?

The rotator cuff is made up of four muscles and their tendons (Supraspinatus, Infraspinatus, Subscapularis & Teres Minor) that surround the shoulder joint and they attach to the greater tuberosity. When you raise your arm the rotator cuff holds the ball (humeral head) of the shoulder within the socket (glenoid). A greater tuberosity fracture detaches the rotator cuff from the humerus.

How do you repair the Greater tuberosity?

The Greater tuberosity will be repaired by making small incisions around the shoulder and by use of an arthroscope (camera) to see all the structures of the joint. Special instruments allow Dr. Acevedo to sew the bone and the attached rotator cuff back to the correct (anatomic) position.

Length of Stay

This is same day surgery. You will need to have someone who can take you home. Your ride does not have to stay all day.

Anesthesia

Patients usually have two types of anesthesia for this surgery. The first is general anesthesia, which means you are asleep. The second type of anesthesia is a nerve block. Your arm will be numb and will feel very strange. The nerve block will last about 12-14 hours. The anesthesiologist will speak to you on the day of surgery. The ultimate choice of anesthesia technique is up to you and your anesthesiologist.

Incision

You will have 3-4 small incisions around your shoulder. They will only be about 1 cm long. Absorbable sutures will be placed and no stitches will need to be removed,

Pain

These repairs are initially very uncomfortable. You will have pain medication prescribed for you prior to discharge. After the nerve block wears off you will have discomfort. Most of the pain is related to your very swollen shoulder. That swelling will resolve in 24-48 hours. It is important to stay on top of the pain medication. Most patients receive Toradol, which is a strong anti-inflammatory. Begin taking this medication when you get home. The Narcotic you are prescribed should be used as a rescue medication as needed. For the first 2 days it is advised that you take 1 of these pills around the clock to stay on top of the pain. If it is too strong, you can take Extra strength Tylenol in its place.

Sling

Your arm will be placed in a sling prior to leaving the operating room. You are to remain in your sling 24 hours a day for 4 weeks. This includes sleeping in your sling. For the four weeks that you are in your sling, **you are not permitted to drive**. You may remove the sling to shower and to get dressed.

Dressings

You will go home with clear dressings and gauze. After 3 days you may remove the dressings.

Physical Therapy

You will attend formal physical therapy after 4 weeks from the surgery date.

Restrictions

Recovery from rotator cuff / Greater tuberosity repair surgery is six months. During that time you will have restrictions on the use of your operative arm.

Day of surgery to Week 4: remain in sling, no use of arm, out of work, no driving

Months 1-3: opposite hand work only

Months 3-4.5: no lifting and carrying anything greater than 10 lbs and only occasional

over shoulder reaching

Months 4.5-6: no lifting and carrying anything greater than 20 lbs

Pictures

Dr. Acevedo will take photos during your surgery. Please bring those pictures to your first postoperative visit. Dr. Acevedo will review them with you and discuss exactly what was done in your shoulder.

Restrictions

Recovery from this surgery is three months. During the first 6 weeks patients are able to use their arm and most activities are tolerable by about 6 weeks. Dr. Acevedo will discuss your restrictions during your follow up appointments.

Follow Up Appt

You should have had your follow up appointment made at the time of your preoperative appointment. You should be seen at around 10-14 days.

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