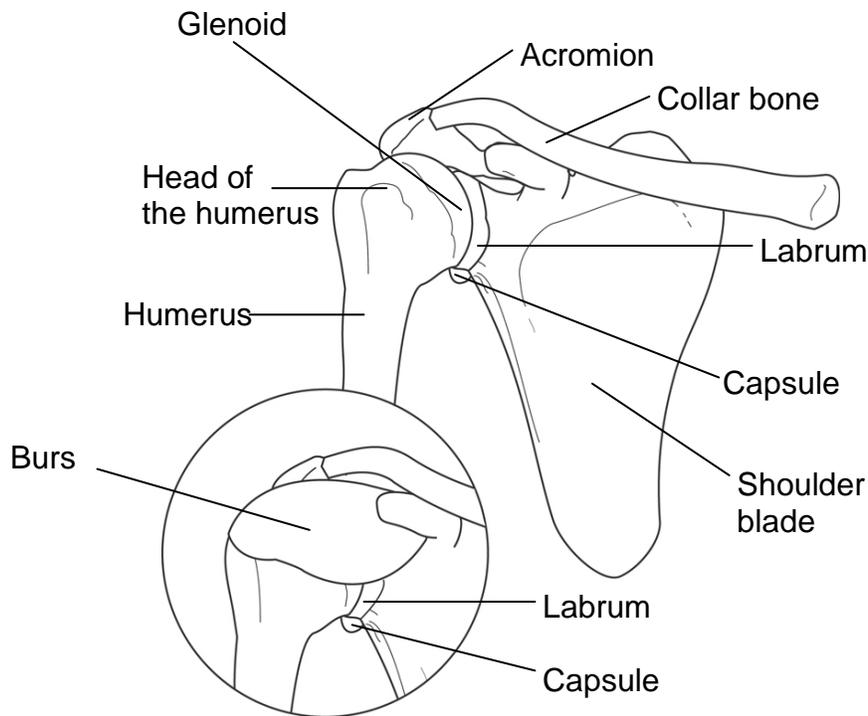


Shoulder surgery



Parts of the shoulder

Acromion - the top part of the shoulder blade, which connects the shoulder with the collar bone.

Bursa - a small sac filled with fluid. The bursa acts like a cushion between the tendon and the bone. The bursa helps with the movement of the shoulder.

Capsule - an envelope filled with fluid that helps with keeping the joint stable.

Glenoid - a smooth socket or cavity, in which the head of the **humerus** or top of the long arm bone sits. The long arm bone is called the humerus.

Labrum - a thin rim of cartilage. Cartilage is firm flexible tissue which connects muscles to bone. It gets less flexible as you get older. The labrum helps to keep the joint stable and act as a "bumper" for the shoulder joint.

Common problems with the shoulder

Impingement

Repeated overhead movements squeeze or impinge, and inflame the rotator cuff and bursa. Pain happens when you raise your arm above your head.

Recurrent dislocation

Can cause a tear in the labrum or looseness in the joint's capsule.

Painful instability

This happens when the shoulder is forced beyond the joint's normal movement.

Arthritis

The cartilage around the joint is worn out. The surfaces of the joint are rough, not smooth.

Loose bodies

Sometimes the bone and cartilage fragment or break apart.

5 common surgeries for shoulders

Arthroscopy

An arthroscopy lets the surgeon look inside your shoulder joint to see the problem. Small incisions are made around the joint. Sometimes, the problem can be fixed by removing loose unwanted tissue.

Bankart surgery

Bankart surgery is done to restore the stability of your shoulder or repair a damaged labrum. The surgeon tightens the ligaments and repairs the torn capsule area of the shoulder. This is a common surgery for athletes. If you have this problem you may have some aching, a painful "pop" or "catch" or dislocation.

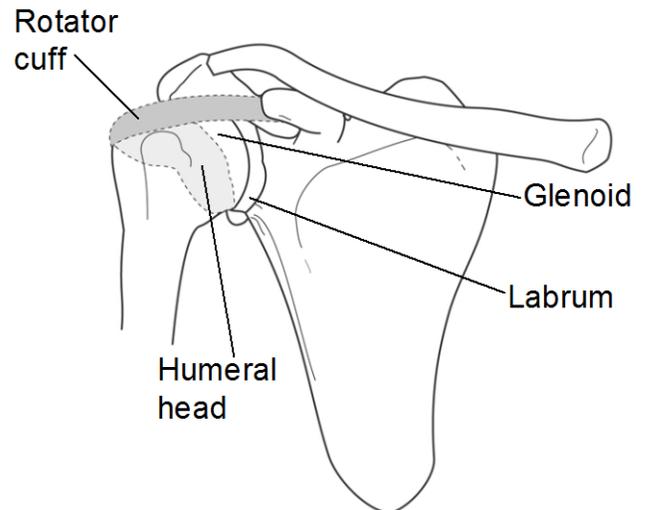
Prosthetic shoulder replacement

Prosthetic shoulder replacement surgery involves removing the head of the humerus (the long bone in the arm) or the removal of the entire shoulder. If you have arthritis and are in a lot of pain, you may need this surgery.

Rotator cuff surgery

A rotator cuff injury is a tear or strain in the group of tendons and muscles that hold the shoulder joint together and help move your shoulder.

Some symptoms may include arm and shoulder pain or tenderness, shoulder weakness and loss of shoulder movement, particularly overhead. Surgery is done to repair this tear.



SLAP surgery

SLAP stands for Superior Labrum Anterior Posterior. When an injury, trauma or repeated stress causes the arm to be forcefully bent inward at the shoulder a tear occurs in the bicep tendon and labrum cartilage in a front to back direction.

This tear makes the joint less stable. This surgery is often needed if you have fallen on an outstretched arm causing a shoulder injury. Some symptoms may include pain with movement, or catching or clicking sensation and dislocation. Surgery may involve smoothing, partial removal or reattachment of the labrum.

Shoulder exercises after surgery

Your surgeon will let you know when you should start your shoulder exercises and physiotherapy. You will need to do the exercises you are taught to strengthen your arm and shoulder.

It is a good idea to exercise your fingers, hands and elbows to prevent stiffness after surgery.

Do not lift objects with your injured arm. Lifting could damage the healing shoulder.

Please ask the surgeon when you can remove your sling/immobilizer.

Call your doctor if you have:

- increased pain or swelling
- bleeding or drainage from the wound
- a temperature of 38°C (100°F) or greater
- numbness in your arm or hand