

**Cycle 6- Hives and Shoulder
2608 - Rotator Cuff Tears
SCRIPT**

(1)

TAD FUNAHASHI, MD

Rotator cuff tear happens in two ways. Either the tendon has pulled off the bone. Or there is a tear in the tendon itself. Either one of those can be repaired surgically through the arthroscope by either returning a tendon back to the bone. Or sewing the tendon back together.

(2)

ROBERT HERNANDEZ, patient

I had a rotator cuff tear, which I didn't know, at that point, anything about rotator cuff tears, you know. I never knew or heard anything about those surgeries before. So at that point, I was kind of scared, a little afraid that that was happening to me. Sure enough, the surgery went well.

(3)

TAD FUNAHASHI, MD:

Rotator cuff problems can come on gradually // without any specific injury. But many rotator cuff problems also occur after a fall. Sometimes people will say, "I fell and I felt a pop in my shoulder. And that pop in my shoulder now hurts. And I can't raise my arm up." That also may be a rotator cuff injury. So it would be very important to be evaluated, should you have that.

(4)

ROBERT HERNANDEZ, patient

The first two weeks were a little rough. /// Just having normal recovery and-- staying in bed, not lifting anything heavy, taking care of my arm, any possible way./// And then, after that, you should be good. Little pain here and there. But medication helps a lot.

(5)

EDMOND YOUNG, MD:

It's much more common to have pain from a rotator cuff that's still attached than it is to have pain from a rotator cuff tear. Meaning that there are a lot of times that you can have quite a bit of pain without tearing your rotator cuff.

(6)

TAD FUNAHASHI, MD:

If you had a fall and you have shoulder pain that lasts a few days or even a few weeks, probably not as worrisome. But if that pain isn't going away or you're not able to raise your arm up for longer than that, that should be evaluated. Because that might signify that you had a rotator cuff tear.

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