

**Cycle 6- Hives and Shoulder  
2609 - Treatment for Rotator Cuff Tear  
SCRIPT**

**(1)**

**EDMOND YOUNG, MD:**

In terms of the options for treating a rotator cuff tear, if it's a tear that really is just due to wear, we'll often start with non-surgical methods. Because they can be successful with those types of tears. And the mainstay of that is both anti-inflammatory medications as well as physical therapy to improve the mechanics of the shoulder. And physical therapy for rotator cuff tear problems tends to be based on two specific areas. One is strengthening the remaining rotator cuff muscles to help compensate for the tendons that are missing. And the second is to improve the overall alignment and mechanics of the shoulder.

**(2)**

**KARINA SMITH, Physical Therapist:**

A physical therapist really is somebody who is a studier of movement. We look at people and we watch how they move and what do they do. If you go to a doctor, they will give you a diagnosis. They'll tell you have a rotator cuff tear or a rotator cuff syndrome. // We'll tell you what muscles are affected, how to change it and how to get you back to your pain-free life, whatever your goals may be.

**ON SCREEN TEXT:**

**Surgery to treat rotator cuff tears.**

**(3)**

**TAD FUNAHASHI, MD:**

Surgery is scary for everybody./// Modern surgical techniques such as arthroscopy allow surgery to be done through minimally invasive methods. Minimally invasive meaning we can fix things like rotator cuffs with little holes in your shoulder.

Most rotator cuff surgery does not take that long in the operating room. And is done as an outpatient. So you'd come in for an outpatient procedure that morning. By that afternoon, you're home recovering. And over the course of the next few weeks, you will start moving your shoulder already. And then by six to seven weeks after surgery, you should have most of your range of motion back. And then start exercises then so you can strengthen your shoulder to return to its normal state.

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