

## Shoulder Surgery Q & A

### What problems does shoulder surgery treat?

The shoulder is a highly flexible ball-and-socket joint that provides your arm with a wide range of motion. When an injury or illness causes shoulder pain, it can interfere with daily activities, like getting dressed in the morning.

Our highly experienced team at Ascension Michigan Orthopaedics-Rochester evaluates and treats many problems that cause shoulder pain, including:

- Shoulder impingement
- Rotator cuff tears
- Biceps tendon tears
- Frozen shoulder
- Shoulder instability
- Cartilage or ligament damage
- Bone spurs

We also provide surgical and nonsurgical treatment for different forms of arthritis that affect the shoulder, including osteoarthritis and rheumatoid arthritis.

### Why would I need shoulder surgery?

Before we recommend surgery, we carefully evaluate your shoulder and review your medical history. Diagnostic tests, such as an X-ray or MRI scan may be taken to determine the extent of your condition.

Our team at Ascension Michigan Orthopaedics-Rochester takes a conservative approach when appropriate and only recommends surgery after other treatments have failed. If you continue to suffer from shoulder pain and disability after trying nonsurgical methods like physical therapy and activity modification, you may need surgery.

### What are the different types of shoulder surgery?

Our team at Ascension Michigan Orthopaedics-Rochester provides various approaches to shoulder surgery based on your specific needs. These may include:

**Shoulder arthroscopy:** Shoulder arthroscopy is a minimally invasive procedure that uses a tiny fiber-optic camera (arthroscope). Your surgeon inserts the pencil-sized camera through a tiny incision in your shoulder and views images of the inside of your joint on a monitor. This technique allows the doctor to diagnose and treat many shoulder conditions without making a large incision.

**Shoulder joint replacement:** If your shoulder joint is severely damaged or deformed from a chronic condition like arthritis, you may be a candidate for total shoulder replacement. This

open surgery involves removing the damaged portions of your joint through a large incision. Then, your doctor replaces the damaged joint with an artificial one made of metal and medical-grade plastic.