

June 2013 Newsletter

Guilford Orthopaedic and Sports Medicine Center
A Division of Southeastern Orthopaedic Specialists, P.A.
"We work to keep you playing"



Vincent E. Paul, MD
Peter G. Dalldorf, MD
Dominic W. McKinley, MD
Justin W. Chandler, MD

Frank J. Rowan, MD
John L. Graves, MD
Hao Wang, MD
Mark Dumonski, MD

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Happy Fathers Day to all the dads from Guilford Orthopaedic and Sports Medicine Center!!

Dr. Chandler speaks about the rotator cuff.



As a doctor who takes care of a lot of shoulders, I've spent a lot of time with the patients discussing the rotator cuff. But what exactly is the rotator cuff? Most people have heard of it, and some have other creative names for it like the "rotary cup".

The rotator cuff is actually a series of 4 tendons in the shoulder. The tendons come from muscles that surround your shoulder blade. These tendons form a sheath or a "cuff" that surrounds the shoulder. These tendons attach to the ball part of the ball and socket joint and serve a number of important functions.

The muscles that attach to the rotator cuff primarily help you raise the arm and to rotate it in and out. But the rotator cuff is also very important for the stability of your shoulder. The shoulder joint is not a deep ball and socket joint like your hip and so in order for it to run smoothly and stay in the socket all of the muscles need to be coordinated and strong.

Many of the problems people experience with their shoulders come from the rotator cuff. The rotator cuff can be irritated, inflamed, partially torn or completely torn away from where it attaches. This can occur with trauma like a fall onto an outstretched arm or it can occur with wear and tear activities. The older we get the more likely we are to have problems with the rotator cuff. Problems with the rotator cuff cause pain and weakness in the shoulder and are notorious for interfering with sleep.

Treatment for rotator cuff problems can be as simple as exercises to retrain the muscles or an injection to calm down the inflammation over the tendon. Sometimes when the tendon is completely torn away from the bone we have to do surgery to reattach the tendon. There can also be bone spurs around the tendon which contribute to the wear and tear and can be taken off with surgery. Most of the surgeries for the rotator cuff problems can be done with minimally invasive arthroscopic techniques now.

If you think you may have a problem with your rotator cuff help is available! Come on in for an evaluation and we can get you back on the road to recovery.

Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!



We are open Saturdays from 9am until 1pm.

Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 201 E Wendover Avenue Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat./Sun. 10am until 2pm.