

# Dr. Chethan Nagaraj

MBBS, MS (Ortho), DNB, MNAMS

Fellowship in Knee & Shoulder Surgery

(Aus, NZ, Japan), Consultant Orthopaedic,

Arthroscopy & Joint Replacement Surgeon



## Rotator cuff tears – Arthroscopic repair

While performing his duties at work, a 51 year old male injured his left shoulder in December of 2018 after a horrific fall. Subsequently he had persisting pain and weakness. He was tolerating pain assuming its another shoulder ache until it was severe and he couldn't lift his arm above his bellybutton. He was evaluated at multiple centers and managed with different diagnosis, most commonly being Frozen shoulder.



He came to 'Dr. Chethan Nagaraj' complaining he has a painful left shoulder condition that does not respond to nonsurgical treatment like rest, physical therapy and medication or injections. His main disability was difficulty and inability to perform overhead activities.

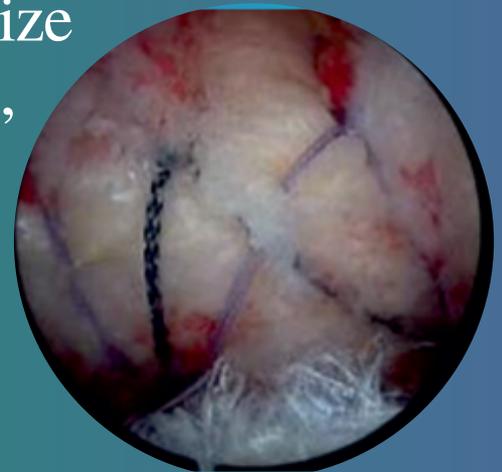
On medical examination he had a characteristic wasting of his muscles. Movements were full when done passively but examination showed he had definite weakness in 2 of his rotator cuff tendons i.e., supraspinatus and infraspinatus.



Dr. Chethan recommended rotator cuff surgery as the pain and weakness persisted and did not subside. Since 4 years he had developed significant weakness and loss of function in his shoulder movement.

### **Surgical technique:**

The surgery was done arthroscopically (key hole surgery), where we make 3-4 portals around the shoulder and using special equipment we are able to visualize well and mobilize the retracted tendons, and be able to perform a robust repair using specially designed implants called as anchors (Titanium/Bio absorbable).



**We used a double row repair in this patient which increases the strength and stability of the repair and improves the chances of tendon healing.**

Post operatively the patient was very comfortable as it was a minimally invasive technique and not an open procedure. The advantages of this arthroscopic procedure being small skin cuts, very little blood loss, no soft tissue damage unlike open surgery where there is a necessity to divide and cut through the deltoid muscles, and most importantly the visibility in an arthroscopic procedure is much better than an open procedure. The patient went home the next day with the sling on.

With proper guidance of Dr. Chethan and the physiotherapy department patient was able to follow the post-operative exercise regimen regularly and is presently back to full pre injury duties with no shoulder discomfort.



Today, proper understanding of shoulder problems, better imaging, and advent of key-hole techniques have all contributed towards much improved outcomes to the patients suffering with such shoulder disorders, unlike traditionally shoulder surgery, which was neglected owing to a range of poor diagnosis and inconsistent results



## Dr. Chethan Nagaraj

is an internationally trained Orthopaedic surgeon practicing at Sagar hospital, Jayanagar and at Orthocare, Rajajinagar has been routinely performing such complex shoulder procedures alongside other shoulder and knee surgeries on a regular basis and providing world-class health care with cost effective procedures.

To consult [Click Here](#)

### ADDRESS

#### **ORTHO CARE CENTER**

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Rajajinagar 4th block,  
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#### **SAGAR HOSPITAL**

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