

Mayo Clinic Medical Edge
Treating Rotator Cuff Injury

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	YOUR ROTATOR CUFF IS THE MASS OF TENDONS THAT SURROUND THE UPPER END OF YOUR ARM BONE. IT GIVES THE SHOULDER STRENGTH AND HELPS HOLD THE JOINT IN PLACE. UNFORTUNATELY ROTATOR CUFF INJURIES ARE NOT UNCOMMON. YOU CAN LOSE STRENGTH AND MOBILITY IN YOUR SHOULDER AND THE PAIN CAN BE SEVERE.
John Sperling, M.D. Track 1 (5:47)	"THE TREATMENT FOR MOST PEOPLE BEGINS WITH VERY SIMPLE NON-OPERATIVE THINGS FIRST."

	<p>MAYO CLINIC DR. JOHN SPERLING SAYS THAT MAY INCLUDE MEDICATIONS, PHYSICAL THERAPY AND MAYBE AN OCCASIONAL CORTISONE SHOT. NOW IF THAT DOESN'T WORK, OR THE INJURY IS SEVERE, SURGERY MAY BE NEEDED. THAT USED TO MEAN A BIG INCISION AND A PAINFUL RECOVERY. BUT NOW...</p>
<p>Dr. Sperling Track 1 (6:13)</p>	<p>“AN ARTHROSCOPIC PROCEDURE ALLOWS US TO LOOK INSIDE THE SHOULDER JOINT WITH A TINY T-V CAMERA AND PERFORM A LOT OF THE PROCEDURES IN THIS MANNER.”</p>
	<p>PLUS, ARTHROSCOPY IS GENERALLY AN OUTPATIENT PROCEDURE, SO YOU GO HOME THE SAME DAY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN</p>

	WILLIAMS.