Patient guide

Advance Orthopaedic & Sports Injury Centre, Ballari

Shoulder arthroscopy

A shoulder that catches, dislocates, or will not lift, looked at from the inside and treated through small openings.

Shoulder arthroscopy treats selected cuff tears, instability, and impingement-type pain when physiotherapy has not been enough. A sling and a slow return of lift are part of the result, not an afterthought.

Duration: Often under an hour. — your list may differ.

Anaesthesia: Often regional or general. Confirmed on the day.

Stay: Many arthroscopies are day-care.

Recovery: Desk work is often discussed in days to a few weeks. Sport takes longer.

1. Examination under the plan — The shoulder is re-examined. The operation matches the tendon or the labrum that is actually found.

2. Camera — Portals around the shoulder.

3. Repair or release — Anchors and sutures for a repair. A gentle release if that was the plan.

4. Sling — The sling protects a repair. Elbow, wrist and hand keep moving.

Overhead strength returns slowly. A painless shoulder at two weeks is not the promise.

This sheet is general information. It is not a personal plan.