

The Shoulder Aana Advanced Arthroscopic Surgical Techniques

The shoulder is a complex joint that allows for a wide range of motion. This complexity also makes it susceptible to a variety of injuries. Arthroscopic surgery is a minimally invasive technique that can be used to diagnose and treat many of these injuries.



The Shoulder: AANA Advanced Arthroscopic Surgical Techniques by Carl Gustav Jung

★★★★★ 5 out of 5

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Arthroscopic surgery is performed using a small camera and instruments that are inserted into the joint through small incisions. This allows the surgeon to visualize the joint and perform repairs without having to make a large incision.

Arthroscopic surgery is often used to treat the following shoulder injuries:

- * Rotator cuff tears
- * Labrum tears
- * Biceps tendon tears
- * Frozen shoulder
- * Shoulder impingement
- * Dislocated shoulder

Benefits of Arthroscopic Shoulder Surgery

Arthroscopic shoulder surgery offers a number of benefits over traditional open surgery. These benefits include:

* Less pain and scarring * Faster recovery time * Reduced risk of infection * Greater range of motion

Risks of Arthroscopic Shoulder Surgery

As with any surgery, there are some risks associated with arthroscopic shoulder surgery. These risks include:

* Bleeding * Infection * Nerve damage * Blood clots * Stiffness

Recovery from Arthroscopic Shoulder Surgery

Recovery from arthroscopic shoulder surgery typically takes 4-6 weeks. During this time, you will need to wear a sling to support your arm and limit your activities. You will also need to perform physical therapy exercises to help your shoulder regain its range of motion and strength.

Advanced Arthroscopic Surgical Techniques

In recent years, a number of advanced arthroscopic surgical techniques have been developed to treat shoulder injuries. These techniques include:

* **All-inside rotator cuff repair:** This technique allows the surgeon to repair a rotator cuff tear without having to make an incision over the top of the shoulder. * **Labral repair:** This technique allows the surgeon to repair a torn labrum without having to remove the entire bone from the shoulder socket. * **Biceps tenodesis:** This technique allows the surgeon to repair a torn biceps tendon without having to remove the entire tendon from the

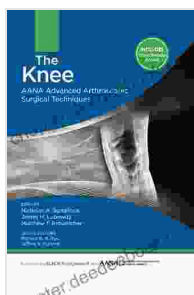
shoulder. * **Frozen shoulder release:** This technique allows the surgeon to release the tight scar tissue that can cause frozen shoulder. * **Shoulder impingement decompression:** This technique allows the surgeon to remove the bone or tissue that is impinging on the rotator cuff.

These advanced arthroscopic techniques offer a number of benefits over traditional open surgery. These benefits include:

* Less pain and scarring * Faster recovery time * Reduced risk of infection * Greater range of motion

Arthroscopic shoulder surgery is a safe and effective way to treat a variety of shoulder injuries. Advanced arthroscopic surgical techniques offer a number of benefits over traditional open surgery, including less pain, scarring, and recovery time.

If you are experiencing shoulder pain, talk to your doctor to see if arthroscopic surgery is right for you.

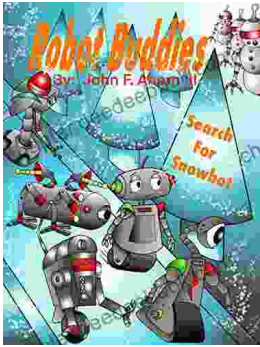


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