

Studies
Show

Good News for Shoulders

If you've recently had rotator cuff surgery, don't be discouraged if you're not feeling the improvement you'd hoped for. Recovery can continue for several years, according to a five-year study at the Hospital for Special Surgery in New York City – the largest to evaluate long-term rotator cuff surgery outcomes.

Among the 193 patients, 64.3 percent had a healed rotator cuff one year after surgery, according to ultrasound results. By five years, ultrasounds showed 81.2 percent were fully recovered. "Now we know that the rotator cuff does have the capacity to keep healing itself," says orthopaedic surgeon Lawrence Gulotta, MD, the study's principal investigator. —CAROL MILANO

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