Torn Rotator Cuff:

Recently Golf Digest Magazine ran an article featuring Jerry Pate. Many of you know him as a professional golfer. However, the article had nothing to do with his golf game. Rather, the article featured Mr. Pate's recovery following rotator cuff repair surgery. Here's how the article went:

My Injury: I don't imagine that there is a pro athlete who has gone through more with shoulder injuries than I have. In 1982 I tore the labrum in my left shoulder. But didn't know until 1985 when I had surgery to correct it. In 1986 I tore my rotator cuff, a series of muscles and tendons that support the shoulder. I had surgery for that and it was difficult. After a third surgery in 1987, my career on the PGA Tour went into a tailspin. I had three more surgeries since qualifying for the Champions Tour in 2003, the most recent in 2008.

Symptoms: If you feel pain, weakness or instability, get help. It could very well be a rotator cuff issue, common in golfers.

How to Find a Doctor: Your physical therapist can help you locate the best local orthopaedic surgeon. A local sports team athletic trainer can also be a good resource here. Make sure you go through a course of physical therapy **prior** to going along with a decision to operate. You might be able to generate enough strength in the surrounding muscle to take pressure off the affected area. If your shoulder doesn't respond, you've probable got to go for the operation.

Note: (There are some excellent physicians local to both Upper Perk and New Hope Physical Therapy. Contact our office and we will be sure to connect you with an orthopaedic surgeon that can help you with your needs).

Rehab: I won't mince words here: its murder. Recovery is painful and slow, and it can take up to six months before you can start to return to normal. The rehab is probably more important than the quality of the surgery, because lousy rehab won't get the most out of a well-done repair, but great rehab can help you obtain a great outcome from a repair.