

ARTHROSCOPY TO TREAT SHOULDER PROBLEMS

The shoulder is likely the most active joint in our body. Its range of motion allows us to lift, carry, and raise items throughout our life. The advantage of the shoulder is it can turn in so many directions but this causes the distinct disadvantage of making the shoulder easily accessible to injuries, which are most often caused by sports activities or everyday activities.

CANNOT LIFT ARM DUE TO INJURY CAUSED BY SPORT ACTIVITY

In recent June in 2011, Mr. V.Q.K, 48-aged patient living at Tan Binh District, HCMC visited the Orthopaedic Department, FV Hospital when he found stiffness in his shoulder and was unable to lift his arm. After examination, Dr. Le Trong Phat, Head of FVH's Orthopaedic Department, informed him that his shoulder problem was quite serious when 70% of his shoulder motion was affected. The cause was that Mr. K. played tennis regularly, which involved repetitive motion of shoulder and led to subacromial impingement syndrome. Since he ignored the dull signs, such as shoulder pain and stiffness and left his shoulder problem untreated, which aggravated the condition.

“The causes to subacromial impingement syndrome can be the degeneration in acromion and acromioclavicular joint, resulting in bone spurs which strain tendons, leading to pain and limited motions of shoulder. The most common treatment option to this shoulder problem is acromioplasty, which involves shaving the bone spurs and creates more room in the subacromial space. This is also the treatment method we have applied to Mr. K”, said Dr. Phat.

Right after the surgery, physical therapists of FV Hospital instructed Mr. K to practice physical therapy exercises. After discharge from hospital, Mr. K continued his physical exercises at home and his shoulder totally recovered in two weeks after the arthroscopic surgery. “Now, I can continue my normal activities and play tennis as before. My shoulder move and rotate easily as if it has never undergone a surgery”, Mr. K said happily.

ARTHROSCOPY FOR SHOULDER REHABILITATION

According to Dr. Le Trong Phat, shoulder is one of the most important joints in our body since it connects pectoral limb and body and helps these limbs move easily. If you have any injuries in shoulder, you may suffer from shoulder pain, stiffness, limited motion or instability, which much affects the shoulder functions. The most common shoulder problems are subacromial impingement syndrome, habitual shoulder dislocations, rotator cuff tears, etc.

“Since most people underestimate the “warning signs” of a shoulder injury, shoulder injuries, if occurred, often become worse. In such cases, shoulder arthroscopy is often recommended since it results in the better outcome, shorter recovery period and reduces pain and bleeding. This treatment method is now preferred at the developed countries and it is recommended to both old patients and patients with glycorrhea” Dr. Phat said.

For the shoulder injuries which are not serious, the treatment option normally utilized by the doctors at Orthopaedic Department, FV Hospital is preserved treatment method, involving medication and physical exercises. One of the best physical therapy methods is to do exercise to your shoulder in a bath tub or in a swimming pool, where the water can help to lift your arm and move your shoulder. In cases of serious shoulder injury or damage due to joint degeneration, a joint replacement might be recommended to rehabilitate the shoulder functions.

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From 22nd September 2011, Dr. Le Trong Phat (Phd.), Head of Orthopaedic Department, FV Hospital will directly provide examination, consultation and treatments to patients who are suffering from shoulder problems, such shoulder injury or dislocation, shoulder instability, shoulder frozen, limited functions or degeneration of shoulder on every Wednesday afternoon, from **15:00 to 17:00**. Dr. Le Trong Phat (Phd.) has had 23 years of experiences in both General Surgery and Orthopaedic Surgery. In recent ten years, he especially focuses on intensive research of sport medicine. His special interests cover treatments to orthopaedic problems, arthroscopy to fix problems in shoulder, knee, ankle, ligament repair and application of cartilage transplant technique as well as shoulder, knee and hip replacements.

For more information or schedule an appointment with Dr. Le Trong Phat (Phd.), please contact Orthopaedic Department, FV Hospital by calling the number **(08) 54 11 33 33, Ext. 1226** or make online appointment at www.fvhospital.com.