

**Mayo Clinic Minute: When is rotator cuff surgery right for you?**

VIDEO	AUDIO
Jason	Have pain in your upper arm near your shoulder? It might be an injured rotator cuff.
<b>John Sperling, M.D. Orthopedic Surgery Mayo Clinic</b>	“The rotator cuff consists of four muscles that turn into tendons that insert in your shoulder that help you raise the arm into the air.”
Jason	Dr. John Sperling, a Mayo Clinic orthopedic surgeon, says the tissue tends to degenerate as you age and can eventually lead to a tear in the tendon. Medication, injection and physical therapy are the first lines of treatment. But if the pain continues, surgery is the next option.
Dr. Sperling	“The rotator cuff tear is like a hole in a pair of pants. It’s not going to heal itself on its own.”
Dr. Sperling	“So what the surgery involves is ... sewing down the rotator cuff back down to the area where it tore off the bone.”
Jason	Another trend, particularly for large tears and those with arthritis, is reverse shoulder replacement surgery.
Dr. Sperling	“The concept is to put the ball where the cup is and the cup where the ball is. So you actually reverse the joint.”
Jason	Dr. Sperling says most patients experience between 90 to 95 percent pain relief after surgery.
Jason	For the Mayo Clinic News Network, I’m Jason Howland.