



Dr. Dhruvil M. Patel (M.S.Ortho)

SPORTS MEDICINE – ARTHROSCOPY,
JOINT REPLACEMENT SURGEON

FELLOW :

SPORTS MEDICINE (SARASOTA, U.S.A.)

SHOULDER JOINT (U.S.A. & PUNE –DMH)

HIP JOINT (KHU., SEOUL, S. KOREA)

KNEE JOINT (MUNICH, GERMANY)

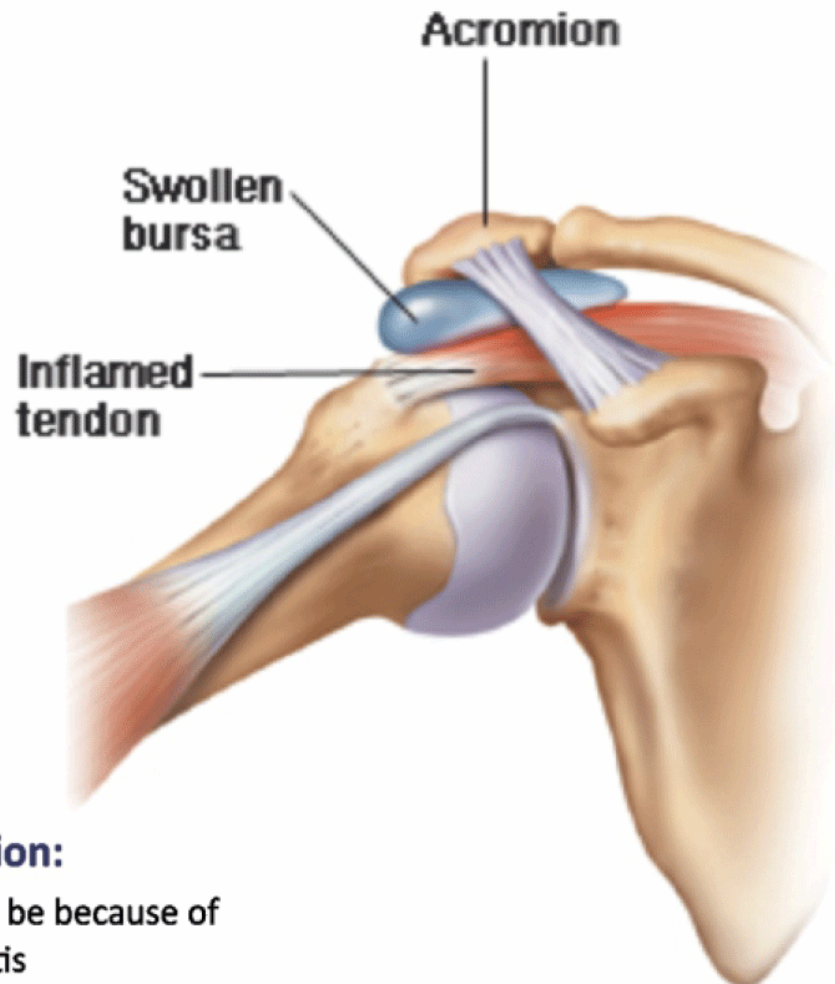
FOOT & ANKLE JOINT (LONDON, U.K.)



SHOULDER IMPINGEMENT OR ROTATOR CUFF TENDINITIS

Shoulder Impingement Or Rotator Cuff Tendinitis

- One of the most common causes of shoulder pain.
- There is a lubricating sac or bursa between the rotator cuff and the bone on top called “acromion”.
- It allows free movement of the rotator cuff tendons.



Description:

- Pain can be because of
 - Tendinitis
 - Bursitis
 - Impingement

Cause :

- Over head athletes
- Swimming
- Tennis
- Baseball
- Middle-aged people



SHOULDER IMPINGEMENT OR ROTATOR CUFF TENDINITIS



Overhead activities:

- Painting
- Paper hanging
- Construction
- Minor injury

Symptoms:

- **Early stage**
 - Mild pain at rest or activity
 - Pain radiating to arm
 - Sudden pain with lifting
- **Later stage**
 - Pain at night
 - Loss of power and motion

Imaging:

- X-Ray, USG & MRI

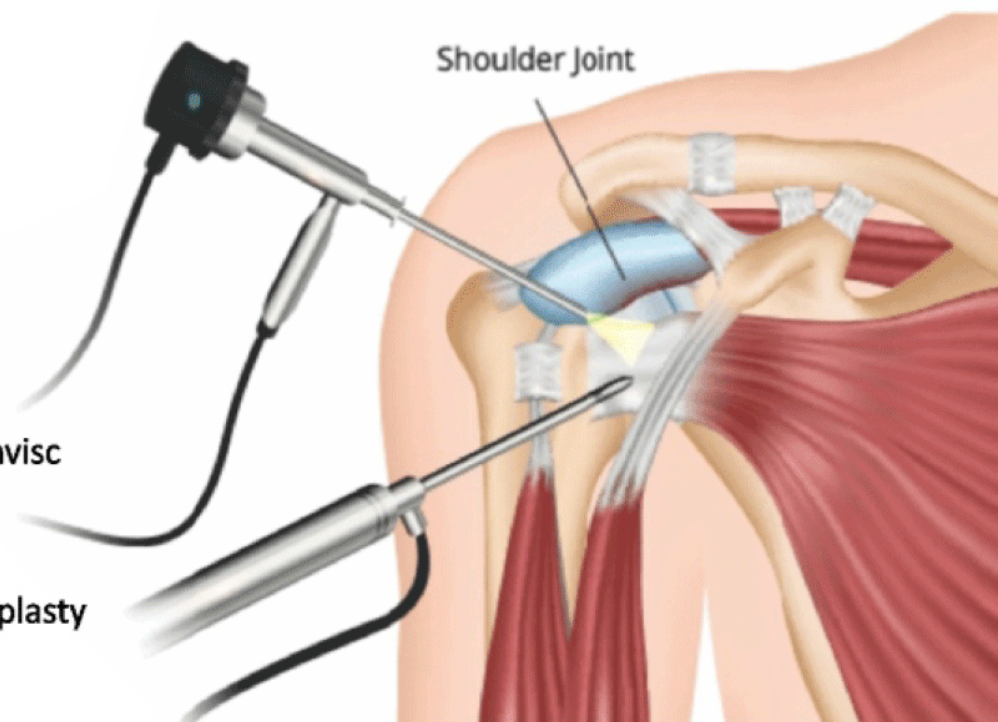
Treatment:

- **Non-surgical treatment:**

- Rest
- NSAIDs
- Physical therapy
- Injection – local HC, PRP, Synvisc

- **Surgical treatment:**

- Arthroscopic sub-acromial decompression + / - acromioplasty



NAVRANG HOSPITAL

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FOR APPOINTMENT 98796 17609

FOR EMERGENCY 96876 17608

Mediclaime Cashless facilities available.

C.B.D.T. approved Hospital {Income Tax-1961-17(2)(B)}

For Mediclaime Filing :

Tuesday to Friday (1.00 p.m. to 5.00 p.m.)

EMERGENCY SERVICES 24 HOURS

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OPD Timing :

Morning: 11-00 to 2-00, Evening: 5-00 to 7-00,
Saturday Evening & Sunday O.P.D Closed.