

Subject: : Paflyfish General Forum

Topic: : Just call me Lefty....

Re: Just call me Lefty....

Author: : PENZZZ

Date: : 2013/6/26 16:55:52

URL:

Rotator cuff is a broad term to describe where four muscles come together to give the ability to "rotate" your arm in a 360 degree circle. Tears can occur anywhere in the cuff area causing pain and weakness, and can vary in size. A true torn rotator cuff can only be repaired by surgery. Strengthening the muscles adjacent to the tear can help (therapy) and pain can temporarily be reduced with steroids. But if you want long term relief and ability, surgery is probably the best option. Only your DR can tell you the best path after reviewing the MRI.

My tear was described as a 2x2 tear. I scheduled my surgery for the end of October so I could have six months of Winter to rehab and go through PT. Having discussed recovery times with people that I knew had RC surgery I expected around six months, just in time to start fly fishing. One friend required a full year until he wasn't thinking about his shoulder. His was a complete disconnect of the RC.

Good luck if you have surgery, stay the course with the PT group you go to and be ready for a lot of baby steps with the shoulder recovery. Do not get manly and try to exceed the suggestions of the PT group. They know what they're doing - and what may happen if you go too heavy with the exercises/lifting.

Jeff